Carolina country

November 2017

The North Carolina Food Issue

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Published by NC Electric Cooperatives

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Your Touchstone Energy® Cooperative

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There's still time to enter our annual photo contest—page 29

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A crawfish boil is one of the best ways to enjoy these tasty crustaceans. Read more about crawfish farming in North Carolina on page 12. Photo by Wendy Perry.

CALL FOR SUBMISSIONS:

Carolina Country Scenes

It's not too late to enter our annual photo contest! Send in your best to be considered for our January issue. See page 29 for details

Carolina country

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Why Do We Send You Carolina Country Magazine?
Your cooperative sends you Carolina Country as a convenient, economical way to share with its members information about services, director elections, meetings and management decisions. The magazine also carries legal notices that otherwise would be published in other media at greater cost.

Your co-op's board of directors authorizes a subscription to Carolina Country on behalf of the membership at a cost of less than $5 per year.

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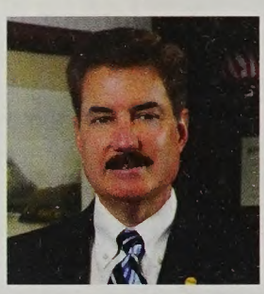
Cooperatives and Veterans: A Winning Combination



By Chris Spears

In November, our country recognizes the contributions of America's veteran population for their honorable service to the preservation of peace and the defense of our freedom. However, the electric cooperatives do not just set aside a single day to honor these heroes—instead we salute military active duty and veterans daily.

Hundreds of thousands of soldiers, sailors, airmen and Marines have called North Carolina home while stationed at Fort Bragg, Pope Army Airfield, Camp Mackall, Marine Corps Base Camp Lejeune, Camp Gilbert H. Johnson, Marine Corps Air Station Cherry Point or Seymour Johnson Air Force Base. These military families are involved in all aspects of our communities. The veteran population has a long history of positively influencing our communities.

> The values of cooperatives align closely with those who serve in the military.

According to the Department of Veterans Affairs, there are 22 million veterans nationwide and more than 736,000 of them call North Carolina home. Almost 10 percent of North Carolina's population are veterans, according to the UNC Carolina Population Center.

Roughly 200,000 veterans transition out of the military every year. These citizens possess exceptional skills, which they have obtained through their military service. Respect for procedures, concern for community and strong organizational skills are values of both the military and electric cooperatives.

In order to leverage the attributes veterans bring to the workforce and the need to recruit strong leaders, the nation's electric cooperatives launched the Serve Our Co-ops, Serve Our Country program. Electric cooperatives across 47 states are providing meaningful job opportunities to veterans and their spouses in a coordinated effort. This coalition helps cooperatives exchange best practices for recruiting veterans. South River EMC had representation by one of our own veterans on the Serve Our Co-ops, Serve Our Country program development committee. Full information about this program is available at servevets.coop.

Locally, South River EMC has developed a program called Boots to Buckets, designed to help veterans prepare for a career as an electric lineman. The program offers a scholarship to one military veteran to attend the Electric Lineman's Academy at Nash Community College. The recipient gains the experience and training necessary to begin a career as a lineman.

Electric cooperatives are facing a shortage of linemen as baby boomers continue to retire from the workforce. The values of cooperatives align closely with those who serve in the military. Boots to Buckets is one way South River EMC demonstrates appreciation for sacrifices made by those who served in the U.S. armed forces and the families who support them.

As we approach Thanksgiving, please remember to give thanks for our active duty personnel and those who have served in the military. Let us also work together to help our veterans find employment opportunities to continue to serve the communities where they live—we owe them a debt of gratitude.

Chris Spears is executive vice president and CEO at South River EMC in Dunn.

THIS MONTH'S ISSUE:

The Food Issue

One part of the magazine we consistently get positive feedback on is our recipes. If we're out and about talking to readers, it's a safe bet the recipe page will come up as one that is never missed, and often cut out and saved for posterity. We hope you will find this issue, devoted to North Carolina food and recipes, equally as useful. If you're hungry for more, visit carolinacountry.com/recipes for more than 500 recipes, with something new featured every week.

—Scott Gates, editor

Mr. Wooly Worm

What a delight to open my latest Carolina Country issue and see the wonderful article honoring Roy Krege ("A Big Personality in a Small Town," October 2017, page 24)! I've had the privilege of knowing Roy for over 40 years through the Grandfather Mountain Highland Games, especially when we held the ceilidhs at Hayes Auditorium. Kind, caring, genuine, honest—just some of the words I would use to describe Roy. I'm very glad he is being honored. Love you, Roy.

Flora MacDonald Gammon, a member of Haywood EMC

101+ Festivals

We asked readers to add their favorite festivals to the online lineup from our October issue ("101 North Carolina Festivals," page 20). Find more festivals in the comments section (and add your own) at carolinacountry.com/festivals. Here's one great addition to the list—a September event sponsored by Cape Hatteras Electric Cooperative:

Day at the Docks

Hatteras | hatterasonmymind.com

This dockside festival was started to celebrate the "Spirit of Hatteras" when the village recovered from Hurricane Isabel in 2003. The event remains a confirmation of the strength of community, heritage and living traditions of the waterman.

Cover Re-creation

In 2001, I submitted a photo of my granddaughter and my husband. Surprisingly it appeared on the magazine's cover. Now after 16 years, we have re-staged the picture as closely as possible. We, of course, are prejudiced, but thought your readers may find it interesting information. Pictured are Bailey Maltba and her grandfather, Ed Haigh. Her change is readily evident, but his is not so apparent. We are proud that Bailey is a freshman at North Carolina State University in Raleigh.

Nancy Haigh, Hudson
A member of Blue Ridge Energy

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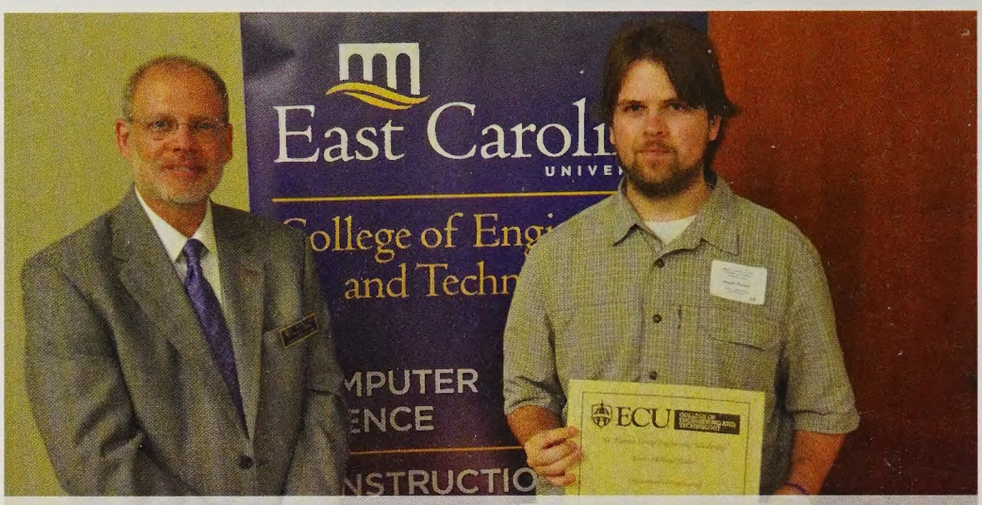
ECU Students Recognized by NC Co-ops

East Carolina University (ECU) students Austin Parker and Timothy Umphlett, Jr., were recently recognized as recipients of the 2017 North Carolina's Electric Cooperatives Electrical Engineering Endowed Scholarship.

"I wanted to thank North Carolina's electric cooperatives for awarding me the engineering scholarship through the ECU College of Engineering and Technology," Parker said. "I am a junior studying electrical engineering, and this contribution to my education is appreciated!"



Austin Parker (right) at an ECU scholarship awards ceremony with Dr. Harry Ploehn, ECU dean of the College of Engineering and Technology

In 2013, the ECU College of Engineering and Technology worked with North Carolina's electric cooperatives to develop the scholarship program. Six scholarships have been awarded since 2014.

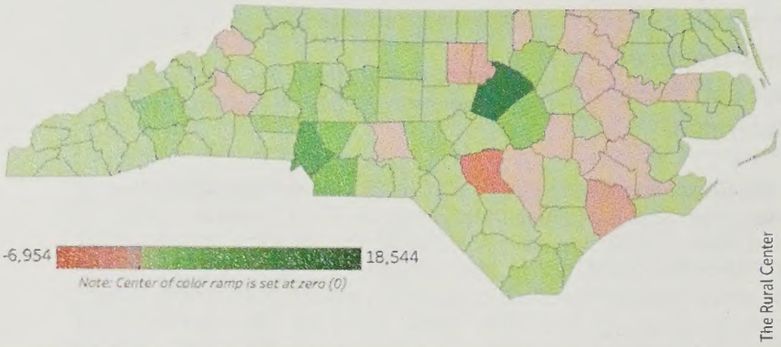
Through an associated ECU internship program, students have the opportunity to work in the field with nearby participating electric cooperatives. Five students have participated in the internship program since it was launched in 2014. Ethan Thomas was the first intern through the program, working with Tarboro-based Edgecombe-Martin County EMC during the summer of 2014, which led to his current position as a system engineer with the cooperative. Edgecombe-Martin County EMC CEO Winston Howell, who earned BSBA and MBA degrees from ECU, currently serves as a member of the ECU Engineering Advisory Board.

"As an intern, I was able to experience many different things, including SCADA installation, light table analysis and developing spreadsheets to increase the efficiency of employees," Thomas said.

"In North Carolina, the demand for engineers is growing among employers in the state," said North Carolina's Electric Cooperatives Director of Transmission Resources John Lemire, who helps facilitate the internship program. "We strive to find and mentor electrical engineering students who desire to work in the electric utility industry upon graduation. An understanding of the cooperative business model and principles is valuable whether they go on to work for a co-op or elsewhere in the electric utility industry."

Visit bit.ly/ecu-scholarships for information on the scholarship program. Those interested in the internship program can contact Lauren Liles at lauren.liles@ncemcs.com.

Rural NC Counties Experience 'Brain Gain'



Eighty counties (green) saw a net gain of residents ages 35-39 between 2000 and 2010.

Rural areas across the country have seen population declines over the past six consecutive years—the longest period on record, according to the U.S. Census Bureau. But from 2000 to 2010, 76 North Carolina counties experienced an increase in the number of residents ages 30–39. During that time period, seven counties, all rural, saw a total decline in population. Of those, however, two (Mitchell and Hyde) had an increase in net migration in the 30–39 age group, according to Census data analysis by The NC Rural Center.

"This 'brain gain' reflects the recognition that rural places are great for young families, with formerly footloose children realizing that raising a family close to grandparents and other family members has benefits, along with other quality of life assets," said Jason Gray, senior fellow, Research & Policy at the center.

A look at migration into counties by those ages 35–39 offers an even more positive picture, with a total 80 counties experiencing a net gain (see map). The phenomenon emerged through research of similar trends by the University of Minnesota Extension service.

"So what's happened since 2010? We know that 48 counties have lost population between 2010 and 2016," Gray explained. "We suspect that a good number of those 48 counties are seeing net in-migration within the 30–39 age cohort."

High-Energy Jobs

Cutting-edge careers at electric co-ops power the economy

By Paul Wesslund

Blue Ridge Energy Network Security Engineer Phil Crump

If you want to work where the action is, how about a job in the fastest-growing occupation in America?

The electric power industry supports more than 7 million jobs in the U.S., according to a new report sponsored by the National Rural Electric Cooperative Association (NRECA) and two other national utility groups, the American Public Power Association and the Edison Electric Institute. The industry ultimately contributes an estimated $880 billion to the national economy.

"Electricity is the backbone of our economy and is crucial to our national security," according to the report, titled Powering America: The Economic Workforce Contributions of the U.S. Electric Power Industry. "Our high-tech society demands electricity to power or charge nearly every new product or technology that comes to market."

Blue Ridge Energy Network Security Engineer Phil Crump was highlighted in the report as an example of those in the industry taking cyber security measures to protect the grid and safeguard critical infrastructure.

"Serving our members is also about protecting their information and safeguarding our servers and system against security breaches," Crump said in the report. "Hackers work overtime to disrupt the grid and steal personal identities and financial information. We all work diligently to protect the thousands of members of our community. Really, we view every single one of those members as part of one big Blue Ridge family. And when you look at it that way, we don't need any extra motivation to safeguard our grid, along with our members' information."

Impressive employment numbers

The utility industry is the most capital-intensive economic sector, investing more than $100 million a year on the nation's electricity infrastructure with advances in technology, environmental protections and other improvements—in addition to money spent on regular operations and maintenance.

Of the more than 7 million jobs created as a result, more than 2.6 million result from direct employment, like utility employees and contractors. As all those people go to work and live their lives, they create another 4.4 million "induced jobs"—teachers, doctors, real estate agents and service workers.

The U.S. Department of Energy slices and dices those numbers a different way, shedding a little more light on renewable energy jobs, as well as careers in energy efficiency, mining and transportation.

"America's labor markets are being revitalized by our new energy and transportation technologies," DOE said.

DOE lists solar energy jobs as the largest share of people working on all types of electricity generation. Almost 374,000 people are working in solar power—43 percent of the electricity generation workforce. Wind power employs about 100,000 people.

Those renewable energy jobs are in addition to a raft of other careers in energy, from mining, to energy efficiency, power plant operators, and social media and cyber security specialists.

Co-op opportunities

Electric cooperatives provide a particularly timely means to entering the cutting-edge electric utility workforce, says Michelle Rostom, NRECA director of workforce development.

"There are a lot of great opportunities at co-ops," Rostom said, noting that electric co-ops expect to hire as many as 25,000 new employees in the next five years. "Electric co-ops are doing a lot of research on integrating solar power and wind with coal and other cutting-edge solutions. There are opportunities to be part of the next generation of the energy industry."

Part of the reason more jobs are becoming available is that baby boomers are retiring—6,000 co-op employees retired last year, according to NRECA. Other parts of the energy industry went through that wave of retirements several years ago, but it's just catching up with electric co-ops, according to Rostom.

"People stay at the co-op for so long because they're great jobs, with interesting work, a chance to grow professionally in a lot of different areas and they have a strong connection with their local communities," she said.

Electric cooperatives see military veterans as part of the solution: Another part of Rostom's job is coordinator of NRECA's Serve Our Co-ops, Serve Our Country veterans hiring initiative (see "Cooperatives and Veterans: A Winning Combination" on page 4).

"Veterans have always been a core part of our co-op workforce, and this program creates additional intent to hire more veterans," she said. "There are a lot of parallels between the military and cooperative principles, like teamwork, autonomy, independence and community."

Paul Wesslund writes on cooperative issues for NRECA, the Arlington, Va.-based service arm of the nation's 900-plus consumer-owned, not-for-profit electric cooperatives.

Keep Food Safe

Before, during and after a power outage

Unfortunately, power outages do occur from time to time. It's important to know how to keep your food safe during an outage. Use these tips from USDA to help minimize food loss and reduce your risk of illness.

BEFORE power outage

Keep refrigerator at **40° or below**. Freeze items like fresh meat and poultry that you won't use immediately. Keep freezer set to **0° or below**. Group frozen foods to help items stay colder longer.

If you anticipate an extended power outage, buy dry or block ice to keep the fridge and/or freezer cold.

DURING power outage

Keep the refrigerator and freezer doors closed!

If the doors stay closed during the length of the outage:

A full freezer will hold its temperature for **48 hours**.

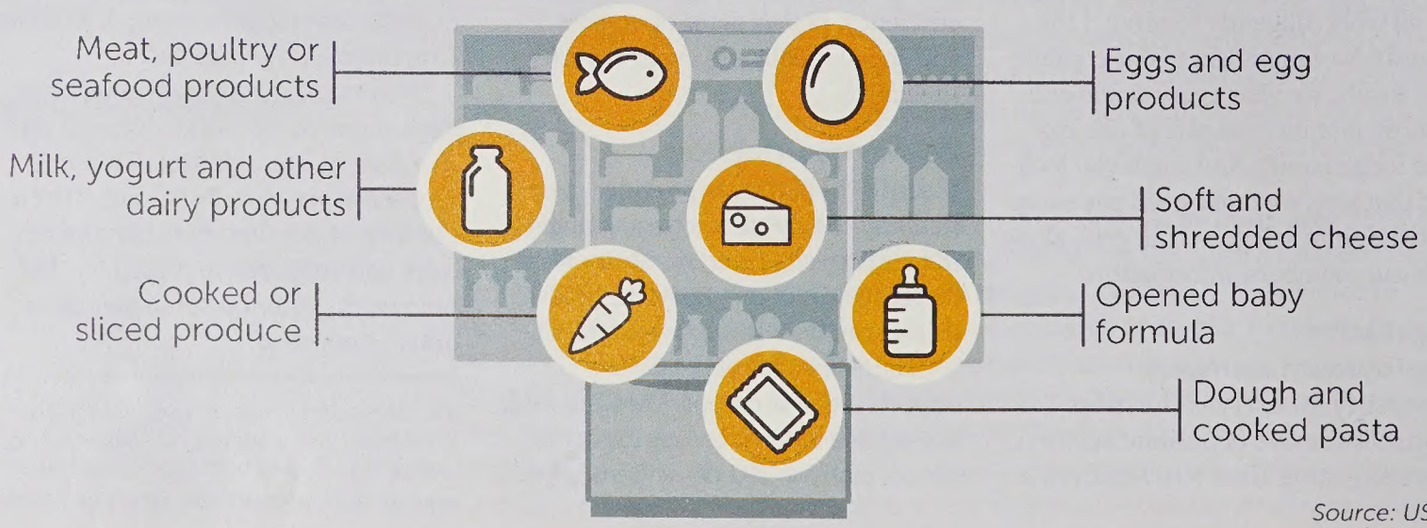
A refrigerator will keep food safe for **four hours**.

AFTER power outage

Check the temperature inside your refrigerator and/or freezer.

If the temperatures are safe, the food should be safe to eat.

Foods that should be thrown out after an extended power outage:


Meat, poultry or seafood products
Milk, yogurt and other dairy products
Cooked or sliced produce
Eggs and egg products
Soft and shredded cheese
Opened baby formula
Dough and cooked pasta

Source: USDA

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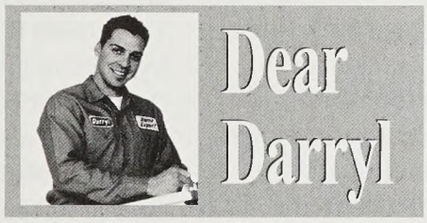

DEAR DARRYL: My home is about 10 years old, and so is my septic system. I have always taken pride in keeping my home and property in top shape. In fact, my neighbors and I are always kidding each other about who keeps their home and yard nicest. Lately, however, I have had a horrible smell in my yard, and also in one of my bathrooms, coming from the shower drain. My grass is muddy and all the drains in my home are very slow.

My wife is on my back to make the bathroom stop smelling and as you can imagine, my neighbors are having a field day, kidding me about the mud pit and sewage stench in my yard. It's humiliating. I called a plumber buddy of mine, who recommended pumping (and maybe even replacing) my septic system. But at the potential cost of thousands of dollars, I hate to explore that option.

I tried the store bought, so called, Septic treatments out there, and they did Nothing to clear up my problem. Is there anything on the market I can pour or flush into my system that will restore it to normal, and keep it maintained?

Clogged and Smelly – Greensboro , NC

DEAR CLOGGED AND SMELLY: As a reader of my column, I am sure you are aware that I have a great deal of experience in this particular field. You will be glad to know that there IS a septic solution that will solve your back-up and effectively restore your entire system from interior piping throughout the septic system and even unclog the drain field as well. **SeptiCleanse® Shock and Maintenance Programs** deliver your system the fast active bacteria and enzymes needed to liquefy solid waste and free the clogs causing your back-up.

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GROWING FOR THE FUTURE

Lucky Clays Farm makes sustainability a top priority

By Scott Gates

On a clear, August afternoon, Bradley Todd, farm manager for Lucky Clays Fresh in Stanly County, stands in the heat of the sun explaining a nearby solar array as it quietly converts sunlight into power for the greenhouse in front of him. The panels are a part of a system that all works together to grow crops—currently basil and butterhead lettuce—and raise fish for distribution to grocery stores and restaurants in the Charlotte area.

Bradley Todd checks the roots of butterhead lettuce growing in a hyrdoponic bed.

Learn more at luckyclaysfarm.com, or visit luckyclaysfresh.com for more about its sustainable farming methods.

It's hot, the kind of late-summer heat that might make an outdoor crop of basil toughen and go to seed, but in the controlled environs of the greenhouse, the plants are thriving.

"Our main concerns are keeping the greenhouse temperatures controlled [for the crops] and the water moving [for the fish]," Todd explains. In doing so, Todd and his team are constantly searching for more sustainable and efficient technologies, including a patent-pending HVAC gasification system unique to the farm. "Big things are made up of little things. We are trying to really dial in on the little things to make them as efficient as possible."

That mentality permeates all operations at Lucky Clays Fresh, as well as its sister-brand, Lucky Clays Farm. The facilities supporting crop and fish production stand across the road from more expansive grounds with log cabins, stocked ponds, a conference center, wellness center and a state of the art clay-shooting facility (hence the "Lucky Clays" name), all fanning out over 500 rolling, wooded acres. Sustainable practices are put to use throughout it all.

LONG ON RENEWABLES

The hub of the Lucky Clays Farm property is a stately log cabin set on a hill, where sustainable technology and design have earned it a few bragging rights. The house is LEED Gold Certified (Leadership in Energy and Environmental Design) by the U.S. Green Building Council, achieved by implementing sustainability throughout construction and design. The house also is connected to the largest private, residential renewable energy system in North Carolina, made up of a 35-kW solar panel array and a 5-kW wind turbine tied to a battery back-up system.

Other on-site power sources pepper the farm, including a total 115 kW of solar photovoltaic capacity in addition to the panels at the main house. The farm is a member of Wadesboro-based Pee Dee Electric, and the cooperative has an agreement in place to take on any surplus power produced by the farm's systems.

"Working with Lucky Clays Farm has afforded Pee Dee Electric not only the opportunity to engage in a variety of renewable energy sources, but we've also been able to share that

knowledge with other electric co-ops and integrate what we've learned into programs such as Kenan Fellows," says Pee Dee Electric CEO and Executive Vice President Donnie Spivey. Justin Jones, who completed a Kenan Fellowship with Pee Dee Electric last year, toured the farm during his fellowship. "We're extremely appreciative of the relationship that we've developed with the staff at the farm and look forward to continuing that relationship in the future."

PIONEERING FOOD PRODUCTION

Back in the greenhouse, Todd lifts a pallet of mature lettuce to expose a thick root system, dripping water into a dark pool below. All produce is grown in long hydroponic beds such as this one. Nutrients flow in from an organic source—filtered byproducts from the nearby fish tanks—creating an "aquaponics" system, incorporating aquaculture and hydroponics.

The team started work on the system in 2012, researching fish varieties that produce waste with nutrients most complementary to selected crops. They started with tilapia, and have since introduced bass and rainbow trout.

"A couple of things that are important to me are science and sustainability," says Judy Carpenter, the founder and owner of Lucky Clays Fresh and Lucky Clays Farm. "We feel like, in a world with increasingly limited resources, this is going to be the most efficient way to produce food. We want to be first."

The facility has the potential to produce 40,000 pounds of fish, 480,000 units of produce and 10,000 pounds of shrimp annually, with plans to expand and double production by 2020.

Lucky Clays Fresh is open about its processes and offers a four-day Aquaponics workshop, covering commercial system design, construction, and system maintenance.

"We really break it down into extreme detail," Todd says. "Somebody could walk in and have never had a pet fish in their life, or have grown a plant, and we'll take them all the way to knowing how to comply with USDA food safety regulations."

CLAY SHOOTING ROOTS

Carpenter grew up 45 miles west of the farm in Charlotte and is the retired board chairman of National Welders Supply Co. (purchased by Airgas), which her father founded. Her talents are as diverse as the farm she's created: she's a savvy business manager, welder, and award-winning trap and field shooting expert—frequenting the pages of Trap & Field magazine in the 1970s.

Her passion for trap shooting has materialized on the Lucky Clays property she initially purchased in 2009. An open-air Five Stand provides guests with 14 different machines to pull from.

To manage it all, over time she's brought on her current staff of 19, who are constantly dreaming up new ways to utilize the property. Outside of food production goals, future plans include increased lodging for group events and increased interaction with the community through exercise classes at its wellness center, many targeted to benefit those with Parkinson's disease.

"What Lucky Clays is today, and what we will become, is not my idea," Carpenter explains. "I got it started, but everyone here puts in their thoughts on how we grow."

Top left: The farm's fish create a steady supply of nutrients for produce.

Top center: A 5-kW wind turbine serves the main house.

Top right: Lucky Clays owner Judy Carpenter (right) with COO Jean-Paul Abel at the Five Stand

Above: Todd lifts a seedling humidity cover during a tour of the Lucky Clays Fresh greenhouse.

North Carolina is joining a boom in crawfish farming

Down at the Crawdad Hole

By Donna Campbell Smith

A long-time favorite in Louisiana, crawfish are becoming a popular food in North Carolina. The tiny lobster-look-alikes are second only to catfish in the U.S. aquaculture industry in both acreage and production, and several North Carolina aquaculture farmers are producing crawfish.

Marty and Sheryl Hurdle started raising crawfish in Hertford about 15 years ago. Marty got a taste of Louisiana while working on a sea-going tugboat. The couple started raising crawfish as a hobby, and, as Sheryl says, "it got bigger and bigger." Now they manage 18 acres of crawfish ponds on Swing Gate Livestock Farm, also known as the Crawfish Shack.

The Hurdles sell all their crawfish live except when they have their annual crawfish boil, a big event they hope one day to morph into a seasonal restaurant. The cooked crustaceans can be intimidating for those unfamiliar with them, so Sheryl explains how to join in at the next crawfish boil:

"You start by twisting off the head, exposing a little of the tail meat. Some people squeeze the head and suck the juices, which is only a combination of fat and seasoning, but tasty. You then 'hold' the exposed meat with your teeth and pinch the bottom of the tail while pulling gently with your teeth. The meat comes right out."

Sheryl Hurdle harvests crawfish from her pond at the Crawfish Shack.

All about crawfish

Part of their popularity, in addition to tasting good, is that crawfish are a healthy food high in protein and low in saturated fat and calories. They are also high in omega-3 fatty acids, vitamins A, B6, and B12, biotin and niacin as well as calcium, phosphorus and iron.

While you usually find them in the seafood section of the supermarket, crawfish don't come from the sea. Their natural habitat is fresh water, where they stalk the bottoms of streams, lakes ponds and swamps. The crawfish is a member of the crustacea family (as are their seafaring cousins crab, lobster and shrimp), and North Carolina is home to more than 48 species of crawfish. The females produce young in the spring. She lays hundreds of eggs, which, once they are fertilized, attach themselves to her underside. They hatch as tiny versions of the adult without going through a larval stage. As they grow, they molt or shed their shell.

When the summer gets hot, crawfish burrow into the mud to stay cool, where they elude being trapped. As a result, farmed crawfish are harvested April through June with small wire or plastic traps baited with fish, which resemble small crab traps. Some farmers build the ponds in which they raise crawfish, but some use existing ponds such as beaver ponds.

There are no wholesale buyers of North Carolina-grown crawfish at this time, so much of the crawfish meat sold in supermarkets is imported from China, Canada, Spain and Japan. Cooks who want locally grown crawfish can buy them fresh from farms or sometimes frozen.

The Hurdles hold their annual crawfish boil at the Crawfish Shack.

The Hurdles' harvest

The Hurdles begin harvesting their crawfish in May, typically bringing in the last few in mid-July. After the harvest, the ponds at the Hurdles' Crawfish Shack are drained and planted with milo as a forage crop to shelter future crawfish. In the first week of November, the Hurdles flood the ponds with two to three feet of water, and the process starts again.

After the crawfish are harvested, they are put onto large purging tables fitted with drains and shower heads. They are constantly showered for 36 hours to rid them of mud and other debris. After this process, they are ready to cook and eat. (Without the purging, the crawfish will taste muddy.)

Cooking with crawfish

When handling live crawfish, be gentle as they are somewhat fragile. Live crawfish should be kept cool or on ice until cooking. They need air, so don't put them in a closed cooler. They will stay alive for about 24 hours. Throw away any that are not alive. One old rule of thumb is if the tail of a cooked crawfish is straight (indicating it died before the boil), it isn't safe to eat. The LSU AgCenter, deep in Louisiana crawfish country, put this to the test and determined other factors—including a crowded pot—can give cooked crawfish straight tails.

Crawfish tail meat should be used or frozen within two days of purchase. Cook frozen crawfish immediately after thawing. Big is not better when choosing crawfish for eating: as they increase in size, the tail (where the meat is) decreases in size. Crawfish can be substituted for shrimp in any recipe. It is the main ingredient in many Cajun dishes including jambalaya, étouffée, gumbo and a crawfish boil—the most popular and traditional way to cook crawfish. This is usually an event, with enough to feed a crowd. But you can make a "little boil" just for two or a small family. We in North Carolina love fried everything, which also works quite well for crawfish tails.

Donna Campbell Smith is a Carolina Country contributing writer who lives in Franklin County.

carolinacountry.com/extras
Inspired to make your own crawfish boil or fry up some tails? Find recipes for our Crawfish Boil for Two and Fried Crawfish Tails on our website.

Crayfish? Mudbug?

Unlike lobster, which is just called lobster, crawfish go by a whole range of nicknames, mostly based on where you're from. As a grad student at NC State University, Josh Katz (currently a graphics editor for The New York Times) found that most in the Southeast call them crawfish. Those in Kentucky and parts of the central U.S. tend to use the word crawdads, and those up North call them crayfish.

Of course, crawfish are by no means limited to those three names. Don't be surprised if someone invites you over for a pot of crawdads, crawdaddies, mudbugs, ditch crickets, yabbies, bugs or mudpuppies. Do you have a name for them that didn't make our list? Find this article on carolinacountry.com and let us know in the comments section!

NC in the Kitchen

Recipes made from ingredients you know and love

By Wendy Perry

To highlight just a few of the distinct North Carolina brands we're all so proud of, we asked Wendy Perry, a regular contributor to our Carolina Kitchen section, to come up with some recipes that bring these ingredients to life.

See more great recipes from Wendy on page 42.

Rise and shine, it's breakfast time! For a century, folks in North Carolina have started their day with the aroma and sizzle of Neese's bacon, sausage or one of their other savory products like scrapple and liver pudding. Generations of us have grown up seeing their signature trucks out and about daily, delivering to our local grocery stores. And who hasn't grabbed a sample at their NC State Fair booth?

Few things have changed over the years. Neese's has been made at the same Greensboro location since 1933. And 4th generation Neese's still use recipes perfected by the First. Congrats on your 100th Anniversary, Neese's. Here's to the next 100!

Neese's Sausage Harvest Hash

In about 30 minutes, you can be sitting down for this cool night supper by the fire! Or enjoy as a late morning brunch. Either way, this is a crowd pleaser and great way to enjoy North Carolina Neese's Breakfast Sausage with NC sweet potatoes.

- 3 large sweet potatoes, peeled/cubed
- 6 small turnips, peeled and cubed
- ¼ cup oil
- 1 teaspoon salt
- 1 pound Neese's sausage
- 1 large onion, chopped
- 2 red peppers, sliced
- 1 green pepper, sliced
- 2 apples, peeled, cored and cubed
- ⅓ cup maple syrup
- 1 teaspoon cumin
- 2 teaspoons salt
- Fresh parsley
- 6 eggs (optional)

Preheat oven to 425 degrees.

Toss potatoes and turnips with oil and salt. Spread onto baking pan and roast for 20 minutes, tossing during cooking to brown all sides. If adding eggs, leave oven on.

While vegetables are roasting, pinch tablespoon-size pieces of sausage and place into a large skillet over medium heat. Scatter with onion and cook until sausage is browned. Remove with slotted spoon. Add peppers and apple to drippings. Cook over medium-high heat until tender and caramelized. Stir in vegetables and sausage mix. Remove from heat; stir in syrup, cumin and salt. Toss to coat and garnish with parsley.

To add eggs: Make indentions with spoon for each egg. Crack egg into indention and place (oven-safe) skillet into hot oven. Bake 10–20 minutes until egg whites are set. Test whites with a fork as they may appear on top to be done but not quite set.

Yield: Serves 6

Krispy Kreme

KrispyKreme.com

Wendy Perry

Eighty! That's how many years ago Vernon Rudolph bought a recipe from a New Orleans French chef, and aren't we glad he did? The aroma of his baking started teasing the Winston-Salem neighborhood and folks were knocking on the door asking to buy some. So the smart businessman that he was accommodated and cut a hole in the wall to sell there. Krispy Kreme's were only being made for grocery stores, and except for the original "hole," the first retail location didn't open until decades later in 1989, in Greensboro.

For many of us now, nothing can be finer here in North Carolina than a glowing "Hot Doughnuts Now" neon light (first lit in 1992)! Happy 80th Birthday, Krispy Kreme. Keep that light on, we're on our way!

Cinnamon-Butter Krispy Kreme 'Kroutons' with Ma Perry's Boiled Custard

Krispy Kreme "Kroutons" are a fun treat by themselves, but floating in boiled custard to enjoy at the bottom of your cup is good, too! Boiled Custard has been a Perry family Christmas tradition since before I was born, and I keep the tradition alive by making it with my nephew each year. My grandma served put-up strawberries with hers, but we also enjoy it with these "kroutons."

Ma Perry's Boiled Custard

- ½ gallon sweet milk*
- 2 tall (12 ounce) cans Pet milk
- 1½ cups sugar
- 6 large eggs, blended until foamy
- 1 tablespoon vanilla extract

Combine milks and sugar in heavy pot over double boiler. Stir constantly until this almost boils. (This can take up to 30 minutes.) Slowly and rapidly whisk in the eggs to keep them from "cooking" as added. Bring mixture to a gentle boil. Reduce heat to medium. Stir often and cook for about 45 minutes or until custard coats metal spoon.

Remove from heat. Add 1 tablespoon vanilla and more sugar if necessary. Cool in freezer until freezing begins around edges. Refrigerate up to 2 weeks. Consistency should be somewhat thick but pourable.

**Back in the day, "sweet" (whole) milk would be written to differentiate from (cultured) buttermilk or sour cream.*

Cinnamon-Butter Krispy Kreme 'Kroutons'

- 6 Krispy Kreme doughnuts
- 1 stick butter, melted
- ¾ teaspoon cinnamon

Cut each doughnut into 12 pieces ("kroutons"). Spread on pan and let air dry overnight.

Preheat toaster oven or oven to 350 degrees. Melt butter in microwave and stir in cinnamon. Toss "kroutons" in bowl with butter. Bake about 5 minutes, tossing as needed, until golden brown.

Cool and store in airtight container.

Bone Suckin' Sauce

BoneSuckin.com

Take a delicious family recipe, a family with a proven track record of market success (Ford's Produce), and gumption to join forces ... what do you get? Bone Suckin' Sauce! Thank goodness local real estate developer Phil Ford had a brother and sister-in-law (Lynn and Sandi) who knew mama's sauce he perfected was a winner. They convinced him to join forces to put it in a jar and spread the love. With more than a dozen products, they now ship to 80 countries worldwide! Keep making sauce, and we'll keep suckin' bones!

Bone Suckin' Finger Lickin' Party Mix

Who doesn't love party mix? This crispy, crunchy version spiffed up with North Carolina's Bone Suckin' Sauce & Seasoning won't last long, so make bunches!

- 6 cups Crispix® Cereal
- 2 cups Cinnamon Chex Cereal
- 2 cups NC pecan halves
- 2 cups sesame sticks
- 2–2.5 ounce bags Lance® Golden Cheese crackers
- 2 cups honey mustard pretzel pieces
- 2.5 ounce can fried onions
- 1 cup roasted pumpkin seeds
- 4 giant Slim Jim® sticks, cut into 1-inch pieces

Bone Suckin' Drizzle

- 1½ sticks butter
- ⅔ cup Bone Suckin' Sauce
- 1 tablespoon Worcestershire sauce
- 1 tablespoon soy sauce
- Your favorite Bone Suckin' Seasoning

Preheat oven to 225 degrees.

Combine all party mix ingredients in a bowl, except pumpkin seeds and Slim Jims.

Melt butter in microwave (about 1 minute). Stir in sauces. Pour over mixture and toss with hands until everything is coated.

Place large baking pan into oven on middle rack. Put half of mixture on pan and bake about an hour, tossing every 20 minutes.

Remove from oven and spread on parchment paper to cool. Scatter with pumpkin seeds and Slim Jim pieces; shake on seasoning. Repeat with the other half. Store in airtight container.

Creamy Swiss Pimento Cheese

It may be near impossible to find a Southern lady who doesn't have her own version of pimento cheese, oftentimes "the family recipe" passed down through generations. But what you don't usually find is one made with Swiss cheese. We hope you will enjoy my version, featuring North Carolina's Mt. Olive Roasted Red Peppers.

- 1 pound Swiss cheese, finely grated
- ½ pound white cheddar cheese, finely grated
- 1 12-ounce tub whipped cream cheese, softened
- 1 stick cold butter, grated into mixture
- 6 tablespoons mayonnaise (Duke's preferred)
- 1 12-ounce jar Mt. Olive Roasted Red Peppers, drained/coarsely chopped
- 6 tablespoons honey
- 1 tablespoon Worcestershire sauce
- freshly ground black pepper
- 1 tablespoon crushed red pepper
- ½ cup chopped fresh chives

Combine all ingredients and fold together until well blended.

Serve at room temperature with assorted crackers and in sandwiches, spooned into hot baked potatoes, dolloped on burgers or breakfast biscuits, whirled into warm macaroni, warmed as a dip ... just let your imagination run wild!

Note: Best if you let sit overnight in refrigerator to let flavors come together.

Mt. Olive Pickle Company

MtOlivePickles.com

"We're #1!" Yep, North Carolina's own Mt. Olive Pickles can claim that title as the number one pickle brand in the USA. Their company principles have brought much success, and they are celebrating their 91st anniversary this year.

Growing from their initial one acre to now 150 acres, their multiple tanks can store over 40 million (!) pounds of cucumbers. Goodness gracious, THAT is a whole lot of cucumbers!

Wendy Perry is a culinary adventurist specializing in NC-made food products and small NC farms. She's a regular contributor to our Carolina Kitchen section.

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North Carolina Foods

GIFT GUIDE

You can't go wrong with the gift of food during the holidays. This year, we offered space in our Food Issue to businesses across North Carolina specializing in locally made food gifts for your consideration this holiday season.

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One Savory Sauce

Marcos Medina's hot sauce recipe draws on family tradition

By Tina Vasquez

Over the years, Greensboro has established itself as a food city, with downtown eateries offering $5 chicken biscuits and $10 stone ground grit bowls regularly being featured in glossy food magazines. But Gate City Boulevard, which those familiar with the area will know as High Point Road, is one of Greensboro's most overlooked food destinations. Here you can find gems like Vietnamese banh mi sandwiches and a Caribbean spot offering Puerto Rico's unofficial national dish, mofongo, which is fried green plantains mashed with garlic and pork cracklings.

Gate City Boulevard is also the home of Villa Del Mar Mexican Grill & Taqueria. Since 2008, Marcos Medina's family has quietly been serving some of Greensboro's most authentic Mexican food out of a nondescript strip mall, along with their A La Brava hot sauce, which is quickly gaining steam across the state.

Medina says Villa Del Mar is known for its "antojitos Mexicanos," loosely translated as Mexican snacks. You won't find Americanized Mexican food here, but rather authentic and hyper-regional dishes like the state of Jalisco's birria de chivo, a spicy goat stew, and tortas ahogadas, or "drowned sandwiches," popular in the city of Guadalajara. There are also tacos galore, but not the crunchy-shelled kind filled with ground beef and cheddar. Here, you'll find authentic Mexican tacos with your choice of meat, garnished with the traditional raw onion, cilantro, squeeze of lime, and slathering of fresh salsa—ideally the Salsa A La Brava that's at every table.

The Medina family's Salsa A La Brava is something special. Made and bottled in their Winston-Salem home since 2015, it's unlike most Mexican hot sauces. Though it is spicy, it's also creamy, which Medina says comes from the use of oil that emulsifies the sauce. Not too vinegary, but tangy, the sauce walks a delicate balance, but its primary difference is how savory it is. The addition of garlic, red wine, and chipotles, which are smoked jalapenos, gives the sauce its distinct flavor, and makes it good on just about anything, from chicken wings to tacos.

The sauce is now sold in 300 stores across North Carolina, including Lowes Foods, where Medina regularly does demonstrations to showcase A La Brava. Given that he's also running the restaurant fulltime, he can't devote as much time to the hot sauce as he'd like, but in the coming years he sees the sauce being sold nationwide.

Medina and his daughter, Michelle, working a demonstration stand at a Lowes Foods store

The base of the sauce came from the former owner of Villa Del Mar, but Medina began tinkering with it, adding a little cumin, a dash of chipotle, and before long, he knew he had something special.

"People were coming in just to get the hot sauce, or when they were leaving, they would get a to-go cup of it," Medina said. "So honestly, I always knew it would be successful."

Before opening their restaurant and launching their hot sauce business, the Medina family had no experience in the restaurant world and no overwhelming passion for food and cooking.

Medina spent his childhood in Chihuahua, Mexico, but came to the United States with his family when he was a young man in the 1990s, settling in Winston-Salem to be near other family members in the Triad. Buying the restaurant was simply a business venture, one that relied on the recipes of Medina's mother, affectionately known as Mamá Nana. It somehow all worked, and Medina only hopes to see the family's salsa grow.

"My family is so happy to see how much people love the hot sauce and I do believe it's good, not just because we make it," Medina said. "Some salsas are so hot, they burn your face off. Others have no flavor at all. We bring some heat and we bring the flavor. It's a beautiful balance."

A bottle of A La Brava

Try your own bottle of Medina's sauce—visit goalabrava.com for a list of stores and restaurants serving it.

Tina Vasquez is a journalist originally from Los Angeles. She is currently based in Winston-Salem, where she is a full-time immigration reporter. In her spare time, she writes about food.

Infant Bedtime Tips from 'The Sleep Lady'

Help everyone catch some zzz's with these soothing strategies

It can be challenging dealing with a fussy baby, especially one who has been recently fed and changed but is still fretful.

Child sleep expert Kim West, better known as The Sleep Lady, has helped thousands of families gently soothe their little ones and find sleep for more than 20 years. To help keep your infant happy and calm, West offers these tips.

Learn sleepy cues

Most babies up to six months old can only be awake for about one to two hours before becoming overtired. Part of the learning curve is being able to recognize a child's typical sleepy cues, so that you can move them to a sleep space as soon as possible. These signs may include yawning, staring, fussiness, quieting down, losing interest in playtime, eye rubbing and hand sucking. An alert or spirited child may move very quickly from happy to tired to overtired, so keeping one eye on the clock is important. Be prepared to move straight to naptime or bedtime when you see your child's sleepy cues.

Recognize sleep patterns

When your baby is about three or four months old, you may start to see a glimmer of a schedule forming where sleeping and waking are concerned. This is because your baby's internal clock—the circadian rhythm—is starting to develop. Look for this pattern, along with your baby's sleep cues, and create a soothing naptime and bedtime routine, which can include using white noise, feeding and rocking.

Nap timing and length are often the last components of a baby's schedule to develop, so you might need to use more effort and additional soothing techniques in the afternoon.

Loco for motion

Motion is a favorite of babies because it likely reminds them of the sensations and security of their mother's womb. Rock your baby in your arms when you can. If you need a break to get things done around the house or during times of extended fussiness, consider using a swing. Since every baby is unique, try one with multiple motion features. The many swings to choose from include the Graco EveryWay Soother with Removable Rocker, which has 16 motions and six different speeds. Movement can sometimes do what no other kind of soothing can do.

Understand crankiness

Babies cry when they're uncomfortable, bored, overstimulated and sleepy. Beyond the obvious diaper and mealtime reasons, try a change of scenery. Other tactics include dimming the lights and offering a pacifier. Being prepared to tailor your soothing strategies to your child's individual needs can help provide both you and your baby more relaxing days and nights.

—StatePoint

Writing a Winning College Essay

Use the four P's to let your story shine through

For the more than 2 million students applying to colleges and universities, the task of essay writing can be stressful.

Whether applying for admission or scholarships, many students find this part of the application process daunting, and they struggle with finding a compelling topic. It can help if they think of it less as an application essay and more as sharing a story about who they are.

"Every good story, from a blockbuster movie to a novel from your high school English class to your favorite show, has four critical elements that make it fascinating and reveal inner depth about its characters," says Howard Reichman, president of EssayDog. "That's exactly what you want your college application essays to do: show the real you beyond the test scores and GPA."

According to Reichman, every good story has these essential elements:

- The initial plan
- The anticipated outcome
- The setback
- The discovery

Keeping this in mind, students can work from these elements and round out their narrative by filling in details that let their character shine through.

Essays that seem to resonate most with college admissions departments typically convey a student's intangibles, or "the Four P's." Students can ask themselves these questions, to help drive their essay:

- **Passion:** What drives you and what do you really care about?
- **Personality:** What are you like to be around? Would your friends and family be able to identify you by reading your essay?
- **Perseverance:** How do you respond to challenges? What gives you strength, both intellectually and emotionally?
- **Potential:** What talents, interests and goals will you bring to a university's campus next fall? How can a college help you further develop these as you continue to grow into adulthood?

More than anything, procrastination and stress are often students' worst enemies when they sit down to begin the essay-writing process. They can use these techniques to help ensure they are showcasing what sets them apart from other applicants.

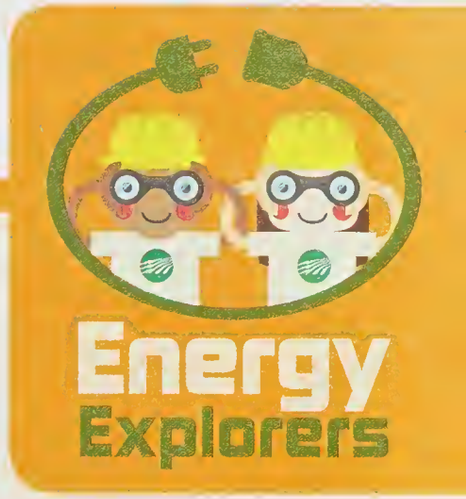
—FamilyFeatures.com

Fee waiver in NC

North Carolina College Application Month (Oct. 28 to Nov. 24, 2017) is an access initiative to provide every NC graduating high school senior the opportunity to apply to college online through the College Foundation of North Carolina (CFNC.org).

During the week of Nov. 13–17, all NC colleges and universities accept the College Board or ACT fee waiver in lieu of an application fee for qualifying students. Additionally, many outright waive their application fee that week. For details, consult your high school counselor and visit nccollegeapplicationmonth.org.

Autumn Crossword Puzzle



Complete the crossword puzzle below by filling in the Autumn words that fit the clues. If you need help, use the word bank at the bottom of the page. Enjoy the season!

Down

1 These fall from oak trees, and squirrels love to collect them.

4 This is what a lot of people eat on Thanksgiving Day.

Across

2 A fruit you bob for.

3 This is a fun outing that usually takes place in autumn and can be enjoyed from a wagon, truck or trailer – as long as it's filled with hay.

5 These are orange and can be carved to decorate your home during Halloween.

6 These change colors during autumn months.

NC Electric Cooperatives
Your Touchstone Energy® Cooperatives

ANSWER KEY: 1. ACORNS 2. APPLE 3. HAYRIDE 4. TURKEY 5. PUMPKINS 6. LEAVES

Tailgate Touchdown

Wings and chili are MVPs on game day

Few things can ruin a good game like getting "hangry" before kickoff. Nailing the food lineup is key during football season. These easy recipes bring the perfect blend of flavor and heat, and will get you enjoying the festivities in no time, whether you're tailgating at the stadium or "homegating" on your couch.

To make sure you lock in a win at your party, serve Buffalo wings. There's at least three reasons these wings keep defending their champ status: they're tasty, easy to make and easy to eat.

It's always good to have more than one play in your back pocket. Turn to another tried-and-true, one-pot classic: chili. You can cook it on a portable stove or in a slow cooker. All you need is 15 minutes to build flavor and you're good to go. Enjoy your chili on its own or spoon it on top of hot dogs or nachos. For more tailgate tips and game day recipes, visit franksredhot.com/recipes.

—FamilyFeatures.com

Game Day Chili

- 2 pounds ground beef
- 1 large onion, chopped
- 1 can (28 ounces) crushed tomatoes in puree
- 1 can (15–19 ounces) kidney beans, undrained
- ¼ cup cayenne pepper sauce (like Frank's RedHot®)
- 2 packages (1¼ ounces) chili seasoning mix
- Shredded cheddar cheese (optional)
- Scallions (optional)
- Sour cream (optional)

In large, nonstick pot, cook beef until browned.

Add onion; cook 3 minutes. Drain. Stir in tomatoes, beans, sauce and seasoning mix. Heat to boiling and stir often. Then lower heat to simmer, with lid partially covering, 15 minutes, or until flavors are blended. Stir often.

Garnish, as desired, with shredded cheddar cheese, scallions and sour cream.

Buffalo Chicken Wings

- 2½ pounds chicken wing pieces
- ½ cup cayenne pepper sauce (like Frank's RedHot®)
- ⅓ cup butter, melted blue cheese dressing
- Celery sticks

Heat oven to 450 degrees.

In foil-lined pan, bake wings 30 minutes until crispy, turning once.

In bowl, combine the sauce of your choosing and butter. Toss wings in sauce to coat completely.

Serve with blue cheese dressing and celery sticks.

carolinacountry.com/extras

Looking for the right dip for your wings? Try our homemade Buttermilk Blue Ranch Dressing on for size!

Prep for safety

Food safety should never be left on the sidelines at a tailgate! Items to bring include:

- Moist towelettes and/or hand sanitizer
- At least two coolers—one for food and one for beverages
- Plenty of ice for coolers
- Two sets of cooking utensils
- Paper plates and disposable silverware
- Food thermometer
- Clean containers for leftovers

If you have questions about keeping food safe, you can search by topic at foodsafety.gov, call the USDA Meat & Poultry Hotline at 888-674-6854 or chat live online with a food safety specialist at AskKaren.gov from 10 a.m. to 4 p.m. (Eastern Time), Monday through Friday.

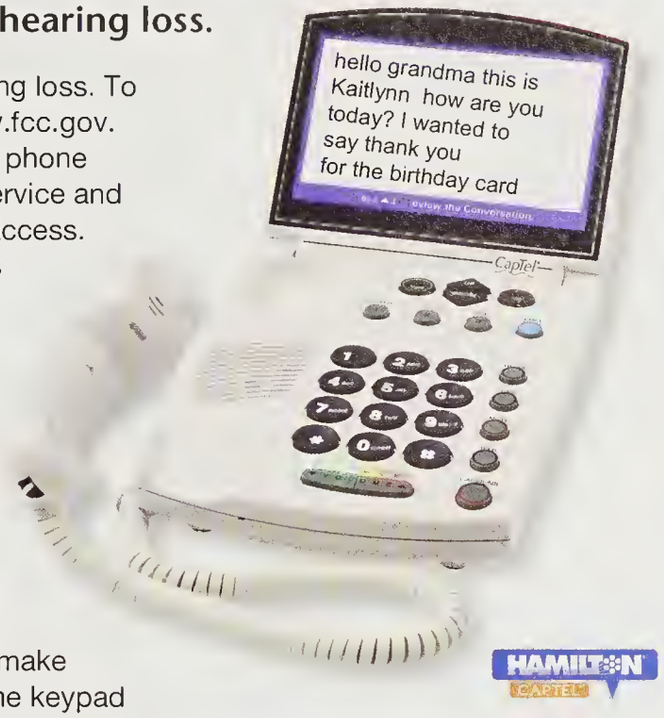
Source: foodsafety.gov

Breakthrough technology converts phone calls to captions.

No Contract No Monthly Fee

New amplified phone lets you hear AND see the conversation.

The Hamilton® CapTel® Captioned Telephone converts phone conversations to easy-to-read captions for individuals with hearing loss.



Do you get discouraged when you hear your telephone ring? Do you avoid using your phone because hearing difficulties make it hard to understand the person on the other end of the line? For many Americans the telephone conversation – once an important part of everyday life – has become a thing of the past. Because they can't understand what is said to them on the phone, they're often cut off from friends, family, doctors and caregivers. Now, thanks to innovative technology there is finally a better way.

A simple idea... made possible with sophisticated technology. If you have trouble understanding a call, captioned telephone can change your life. During a phone call the words spoken to you appear on the phone's screen – similar to closed captioning on TV. So when you make or receive a call, the words spoken to you are not only amplified by the phone, but scroll across the phone so you can listen while reading everything that's said to you. Each call is routed through a call center, where computer technology – aided by a live representative – generates voice-to-text translations. The captioning is real-time, accurate and readable. Your conversation is private and the captioning service doesn't cost you a penny. Internet Protocol Captioned Telephone Service (IP CTS) is regulated and funded by the Federal Communications Commission (FCC) and is designed exclusively for individuals with hearing loss. To learn more, visit www.fcc.gov. The Hamilton CapTel phone requires telephone service and high-speed Internet access. WiFi Capable. Callers do not need special equipment or a captioned telephone in order to speak with you.

Finally... a phone you can use again. The Hamilton CapTel phone is also packed with features to help make phone calls easier. The keypad has large, easy to use buttons. You get adjustable volume amplification along with the ability to save captions for review later. It even has an answering machine that provides you with the captions of each message.

SEE what you've been missing!

"For years I avoided phone calls because I couldn't understand the caller... now I don't miss a thing!"

See for yourself with our exclusive home trial. Try a captioned telephone in your own home and if you are not completely amazed, simply return it within 60-days for a refund of the product purchase price. It even comes with a 5-year warranty.

Captioned Telephone

Call now for our special introductory price!

Call now Toll-Free

1-888-695-2287

Please mention promotion code 106971.

The Captioning Telephone is intended for use by people with hearing loss. In purchasing a Captioning Telephone, you acknowledge that it will be used by someone who cannot hear well over a traditional phone. Hamilton is a registered trademark of Nedelco, Inc. d/b/a Hamilton Telecommunications. CapTel is a registered trademark of Ultratec, Inc.

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20 VOLT LITHIUM CORDLESS 1/2" COMPACT DRILL/DRIVER — SAVE $79

- 576 in. lbs. of torque
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- Weighs 3.6 lbs.

Customer Rating ★★★★★

NEW

Compare $179 $109.99

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CENTRAL PNEUMATIC — SUPER COUPON

6 GALLON, 1.5 HP, 15D PSI PROFESSIONAL AIR COMPRESSOR — SAVE $47

Customer Rating ★★★★

- Air delivery: 2.5 CFM @ 90 PSI, 3.4 CFM @ 40 PSI

Compare $147.29 $124.99 $99.99

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1" x 25 FT. TAPE MEASURE

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55276819

LIMIT 1 - Cannot be used with other discount, coupon or prior purchase. Coupon good at our stores, HarborFreight.com or by calling 800-423-2567. Offer good while supplies last. Shipping & Handling charges may apply if not picked up in-store. Non-transferable. Original coupon must be presented. Valid through 2/28/18. Limit one FREE GIFT coupon per customer per day.

SUPER COUPON

20% OFF ANY SINGLE ITEM

55265906

LIMIT 1 coupon per customer per day. Save 20% on any 1 item purchased. Cannot be used with other discount, coupon or any of the following items or brands: Inside Track Club membership, Extended Service Plan, gift card, open box item, 3 day Parking Lot Sale item, compressors, floor jacks, saw blades, storage cabinets, chests or carts, trailers, trenchers, welders, Admiral, Bauer, Cobra, CounterPro, Daytona, Earthquake, Hercules, Jupiter, Lynx, Pauleo, Predator, StormCat, Tailgator, Viking, Vulcan, Zurich. Not valid on prior purchases. Non-transferable. Original coupon must be presented. Valid through 2/28/18.

SUPER COUPON

TWO TIER COLLAPSIBLE EASY-STORE STEP LADDER

SAVE 50% — Customer Rating ★★★★★

$19.99

- 225 lb. capacity

Compare $39.99 $20.00

ITEM 67514

55284666

LIMIT 7 - Coupon valid through 2/28/18*

PREDATOR — SUPER COUPON

6.5 HP (212 CC) OHV HORIZONTAL SHAFT GAS ENGINE

Customer Rating ★★★★★

$99.99

$119.99 SAVE $230

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ITEM 60363/69730

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LIMIT 5 - Coupon valid through 2/28/18*

PITTSBURGH AUTOMOTIVE — SUPER COUPON

ATV/LAWN MOWER LIFT

Customer Rating ★★★★½

SAVE $100

$79.99

- 300 lb. capacity

$94.99

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55296111

LIMIT 3 - Coupon valid through 2/28/18*

CENTRAL PNEUMATIC — SUPER COUPON

3/8" x 50 FT. RETRACTABLE AIR HOSE REEL

Customer Rating ★★★★½

SAVE $170

$59.99

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ITEM 69265/62344/93897 shown

$79.99

55298809

LIMIT 4 - Coupon valid through 2/28/18*

Haul-Master — SUPER COUPON

12 VOLT MAGNETIC TOWING LIGHT KIT

Customer Rating ★★★★

SAVE 71%

$9.99

$18.00 Compare $34.95

ITEM 63100

55323222

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WARRIOR — SUPER COUPON

29 PIECE TITANIUM DRILL BIT SET

Customer Rating ★★★★½

SAVE 83%

$9.99

ITEM 62281/61637 shown Compare $60 $17.99

55331479

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CEN-TECH — SUPER COUPON

12 VOLT, 2/1D/5D AMP BATTERY CHARGER/ENGINE STARTER

Customer Rating ★★★½

SAVE 57%

$29.99

$49.99 Compare $69.99

ITEM 60581/60653 shown

55350134

LIMIT 5 - Coupon valid through 2/28/18*

PITTSBURGH — SUPER COUPON

32 PIECE SCREWDRIVER SET

LIFETIME WARRANTY

Customer Rating ★★★★

SAVE 56%

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55350594

LIMIT 8 - Coupon valid through 2/28/18*

PORTLAND — SUPER COUPON

7 AMP ELECTRIC POLE SAW 9.5" BAR

Customer Rating ★★★★½

$64.99

$79.99 Compare $99.98 SAVE $34

ITEM 68862/63190/62896 shown

55357103

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SUPER COUPON

10 PIECE SOLAR DRAGONFLY LED STRING LIGHT

Customer Rating ★★★★

SAVE 76%

$5.99

Compare $25.06 $7.99

ITEM 62689/60758 shown

55357459

LIMIT 9 - Coupon valid through 2/28/18*

SUPER COUPON

FULL-MOTION TV WALL MOUNT

Customer Rating ★★★★★

- Fits most 37" to 80"

NEW

SAVE $160

$39.99

$49.99 Compare $199.99

ITEM 64037/63155 shown

55358132

LIMIT 3 - Coupon valid through 2/28/18*

CENTRAL MACHINERY — SUPER COUPON

8", 5 SPEED BENCHTOP DRILL PRESS

Customer Rating ★★★★

SAVE $50

$49.99

$67.99 Compare $99.99

ITEM 62520/60238 shown

55359796

LIMIT 5 - Coupon valid through 2/28/18*

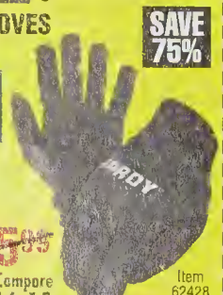
HARDY — SUPER COUPON

MECHANIC'S GLOVES

SIZE	ITEM
MED	62434/62426
LG	62433/62428
X-LG	62432/62429

Customer Rating ★★★★★

SAVE 75%



YOUR CHOICE $3.99

$5.99 Compare $16.12

Item 62428 shown

55362202

LIMIT 8 - Coupon valid through 2/28/18*

CHICAGO ELECTRIC WELDING — SUPER COUPON

17D AMP MIG/FLUX CORED WELDER

EVERYTHING YOU NEED TO WELD!

Customer Rating ★★★★½

$169.99

SAVE $330

$179.99

ITEM 61888/68885 shown Compare $499.99

55362494

LIMIT 4 - Coupon valid through 2/28/18*

drill master — SUPER COUPON

Customer Rating ★★★★

4-1/2" ANGLE GRINDER

SAVE 60%

$9.99

Compare $24.98 $14.99

ITEM 69645/60625 shown

55366429

LIMIT 9 - Coupon valid through 2/28/18*

PITTSBURGH AUTOMOTIVE — SUPER COUPON

2 TDN CAPACITY FOLDABLE SHOP CRANE

SAVE $120

Customer Rating ★★★★½

- Boom extends from 41" to 61-3/4"
- Crane height adjusts from 73-5/8" to 89"

$179.99

ITEM 60388 69514 shown

$229.99 Compare $299.99

55367464

LIMIT 5 - Coupon valid through 2/28/18*

U.S. GENERAL — SUPER COUPON

30", 5 DRAWER TOOL CART

- 8100 cu. in. of storage
- 704 lb. capacity
- Weighs 120 lbs.

Customer Rating ★★★★★

SAVE $990

$159.99

$179.99 Compare $1150

ITEM 61427/63308/69397/95272 shown

55374087

LIMIT 4 - Coupon valid through 2/28/18*

PITTSBURGH AUTOMOTIVE #1 SELLING JACKS IN AMERICA — SUPER COUPON

RAPID PUMP® 1.5 TON ALUMINUM RACING JACK

SAVE $50

- 3-1/2 Pumps Lifts Most Vehicles
- Lifts from 3-1/2" to 14-1/8"
- Lightweight 34 lbs.

Customer Rating ★★★★½

$59.99 $79.99 Compare $109.99

ITEM 68053/62160
62496/62516/60569 shown

55374554

LIMIT 4 - Coupon valid through 2/28/18*

PREDATOR — SUPER COUPON

4000 MAX. STARTING/ 3200 RUNNING WATTS 6.5 HP (212 CC) GAS GENERATOR

Customer Rating ★★★★½

SAVE $170

$289.99

SUPER QUIET Compare $1999

Wheel kit sold separately.

- GFCI outlets

$329.99

ITEM 69676/69729/63080/63079 shown

ITEM 69675/69728/63090/63089, CALIFORNIA ONLY

55382233

LIMIT 3 - Coupon valid through 2/28/18*

Haul Master — SUPER COUPON

Customer Rating ★★★★★

TRIPLE BALL TRAILER HITCH

SAVE 53%

$19.99 $31.99 Compare $42.98

ITEM 61914

55399477

LIMIT 7 - Coupon valid through 2/28/18*

CHICAGO ELECTRIC POWER TOOLS — SUPER COUPON

12" SLIDING COMPOUND DOUBLE-BEVEL MITER SAW

Customer Rating ★★★★

- Laser guide

SAVE $169

$129.99

Compare $299

$199.99

Blade sold separately.

ITEM 61969/61970/69684 shown

55399591

LIMIT 5 - Coupon valid through 2/28/18*

SUPER COUPON

HEAVY DUTY FOLDABLE ALUMINUM SPORTS CHAIR

SAVE 50%

Customer Rating ★★★★★

$19.99

$29.99 Compare $39.99

ITEM 62314/63066/66383 shown

55400772

LIMIT 6 - Coupon valid through 2/28/18*

Haul Master — SUPER COUPON

Customer Rating ★★★★★

3/8" x 14 FT., GRADE 43 TOWING CHAIN

- 5400 lb. capacity

SAVE 67%

Compare $60.95 $39.99 $19.99

ITEM 60658/97711 shown

56030127

LIMIT 7 - Coupon valid through 2/28/18*

PORTLAND — SUPER COUPON

1750 PSI PRESSURE WASHER

Customer Rating ★★★★

NEW

- 1.3 GPM
- Adjustable spray nozzle

$79.99

SAVE $99

$99.99 Compare $179.33

ITEM 63255/63254 shown

56031165

LIMIT 3 - Coupon valid through 2/28/18*

HaulMaster — SUPER COUPON

Customer Rating ★★★★★

MOVER'S DOLLY

- 1000 lb. capacity

$7.99 $10.99 Compare $19.97

SAVE 59%

ITEM 61899/62399/63095/63096
63098/63097/93888 shown

56033056

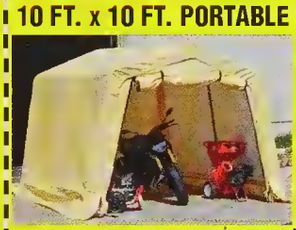
LIMIT 8 - Coupon valid through 2/28/18*

COVERPRO — SUPER COUPON

10 FT. x 10 FT. PORTABLE SHED

Customer Rating ★★★★

NEW



SAVE $96

Compare $236.89 $159.99 $139.99

ITEM 63297

56038768

LIMIT 4 - Coupon valid through 2/28/18*

PITTSBURGH — SUPER COUPON

9 PIECE FULLY POLISHED COMBINATION WRENCH SETS

Customer Rating ★★★★★

SAVE 59%

YOUR CHOICE $5.99

$7.99 LIFETIME WARRANTY

Compare $14.97

SAE ITEM 69043 63282/42304 shown

METRIC ITEM 42305 69044/63171

56048509

LIMIT 9 - Coupon valid through 2/28/18*

THUNDERBOLT MAGNUM solar — SUPER COUPON

100 WATT SOLAR PANEL KIT

Customer Rating ★★★★½

SAVE $227

NEW

2X MORE POWER

RENEWABLE ENERGY, ANYWHERE

$189.99 $149.99

Compare $377.56

ITEM 63585

56053922

LIMIT 5 - Coupon valid through 2/28/18*

Lynxx — SUPER COUPON

40 VOLT LITHIUM CORDLESS BRUSHLESS BLOWER

SAVE $29

Customer Rating ★★★★★

NEW

Compare $149 $139.99 $119.99

ITEM 63284

56064789

LIMIT 3 - Coupon valid through 2/28/18*

EARTHQUAKE — SUPER COUPON

SAVE $160

1/2" HEAVY DUTY COMPOSITE PRO AIR IMPACT WRENCH

Customer Rating ★★★★½

950 FT. LBS. TORQUE BOLT BREAKAWAY

NEW

$89.99 $119.99

Compare $249.99

ITEM 62835

56068025

LIMIT 5 - Coupon valid through 2/28/18*

BADLAND Battle Tested — SUPER COUPON

2500 LB. ELECTRIC WINCH WITH WIRELESS REMOTE CONTROL

SAVE $70

Voted Best Winches

$49.99 $77.99

Customer Rating ★★★★

Compare $119.99

ITEM 61840/61297/63476/61258 shown

56069876

LIMIT 4 - Coupon valid through 2/28/18*

HaulMaster — SUPER COUPON

17 FT. TYPE IA MULTI-TASK LADDER

- Versatile - 23 configurations
- Safe + secure + stable
- Super strong - holds 300 lbs.
- Weighs 35 lbs.

Customer Rating ★★★★★

$109.99

SAVE $189

$139.99 Compare $298.99

ITEM 63418/63419/63417/62656/67646/62514 shown

56075589

LIMIT 5 - Coupon valid through 2/28/18*

SUPER COUPON

7 FT. 4" x 9 FT. 6" ALL PURPOSE WEATHER RESISTANT TARP

Customer Rating ★★★★½

SAVE 65%

Compare $8.58 $4.09 $2.99

ITEM 69249/69115/69137/69129/69121/877 shown

56077752

LIMIT 9 - Coupon valid through 2/28/18*

CHICAGO ELECTRIC WELDING — SUPER COUPON

ADJUSTABLE STEEL WELDING TABLE

Customer Rating ★★★★½

SAVE $80

$59.99

$74.99 Compare $139.99

ITEM 63069/61369 shown

56077952

LIMIT 5 - Coupon valid through 2/28/18*

KRAUSE & BECKER — SUPER COUPON

AIRLESS PAINT SPRAYER KIT

Customer Rating ★★★★½

$174.99

$219.99 Compare $299

SAVE $124

ITEM 62915/60600 shown

56080982

LIMIT 3 - Coupon valid through 2/28/18*

drill master — SUPER COUPON

80 PIECE ROTARY TOOL KIT

SAVE 61%

$6.99

$9.99 Compare $17.99

ITEM 63292/63235/68986/69451/97626 shown

56084134

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Ronald Ragland Collector Art Prints

Each art print is signed and numbered measuring 16-by-20 inches. Your choice by check or money order for $65 each (includes shipping). Shipped within 2 days.

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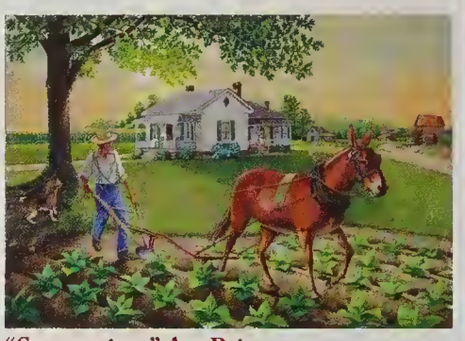
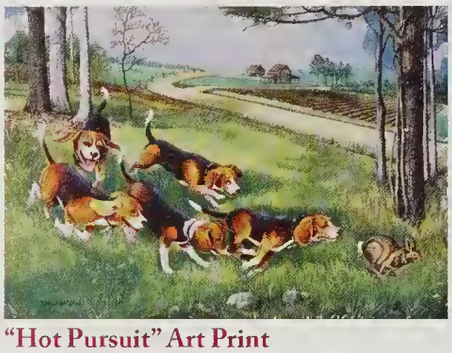
beagleart.com

"Old Country Pride" Art Print
Still the most wanted print–is now available again.



"Suppertime" Art Print
Inspired by an old gospel song.



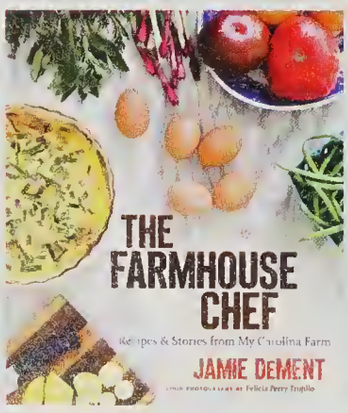
"Hot Pursuit" Art Print
Beagles chasing a rabbit in Wendell.

"Memories" Art Print
Ronald grew up on this farm in Oxford.

"Cold Pursuit" Art Print
A Canadian snowshoe rabbit chased by beagles.

southern gateways

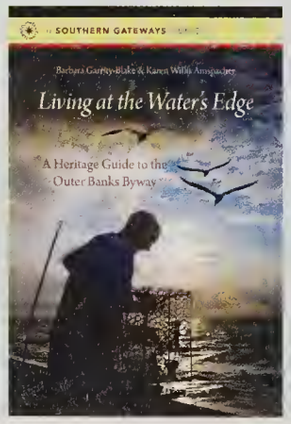
Essential southern reading from UNC Press



The Farmhouse Chef
Recipes and Stories from My Carolina Farm
Jamie DeMent
Food photography by Felicia Perry Trujillo

"Jamie has a way of sweeping everyone within earshot into her sunny, spunky approach to life, agriculture, family, and food." —**Matt Lee and Ted** Lee, authors of *The Lee Bros. Charleston Kitchen*

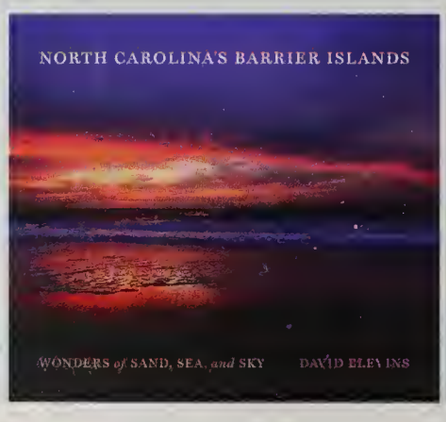
288 pages * 100 color plates * $35.00 * hardcover
Also available as an e-book


SOUTHERN GATEWAYS
Barbara Garrity-Blake & Karen Willis Amspacher
Living at the Water's Edge
A Heritage Guide to the Outer Banks Byway

Living at the Water's Edge
A Heritage Guide to the Outer Banks Byway
Barbara Garrity-Blake
and Karen Willis Amspacher

"I enjoyed every page . . . Delightfully salted with photographs dating from the 1880s to the present and sidebars covering interesting Outer Banks people and other attractions." —**Ocracoke Current**

320 pages * 57 color plates * $22 * paperback
Also available as an e-book



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Wonders of Sand, Sea, and Sky
David Blevins

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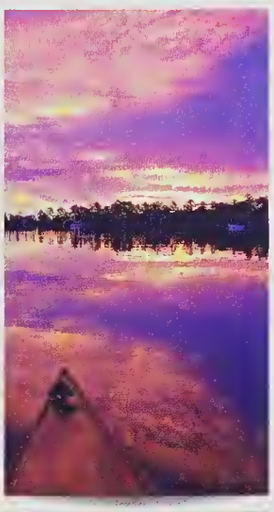
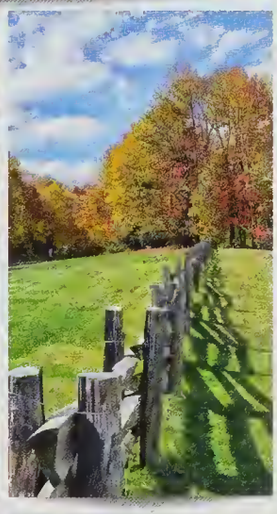




CAROLINA COUNTRY SCENES PHOTO CONTEST

Send us your favorite photo (North Carolina people or scenes) and the story that goes with it. We will pay $50 for each one published in the Carolina Country Scenes section of our January 2018 issue. Judges will select more for our "Photo of the Month" feature throughout 2018, and we'll pay $50 for each of those.

Rules

Deadline: November 15, 2017

One entry per household

Digital photos should be a minimum of 1200 by 1800 pixels

Prints a minimum of 4 x 6 inches

Include your name, electric co-op, mailing address and email address or phone number

If you want your print returned, include a self-addressed, stamped envelope. (We will not return others.)

If you did not take the photo you are submitting, please tell us who did and, to the best of your ability, when it was taken so that we can appropriately recognize the person/organization.

We retain reprint and online rights. Visit carolinacountry.com/photocontest for full terms and conditions.

Payment will be limited to those entries appearing in print only, not entries featured solely on carolinacountry.com.

Send to

Online:
carolinacountry.com/photocontest
No emails, please.

Mail:
Carolina Country Photo Contest
3400 Sumner Blvd.
Raleigh, NC 27616

where
in Carolina Country is this?

If you know where this Carolina Country scene is, send your answer by November 6 with your name, address and the name of your electric cooperative.

Online: carolinacountry.com/where

By mail: Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

Multiple entries from the same person will be disqualified.

The winner, chosen at random and announced in our December issue, will receive $25.

Have a roadside gem you'd like to share? Submit a photo, plus a brief description and general location information, at carolinacountry.com/where.

October winner

The October Where Is This photo by Elizabeth Grey features what some call the oldest garage in Stanfield, located on Highway 200. The garage, currently owned by John David Smith, formerly held Bill Sloop's welding business. Before that, reader Gayle Love Hinson knew it as the Claude Love Garage in the 1950s. Claude and his wife, Mary, lived in a now-gone upstairs apartment with a "mile wide" bulldog. Charles Connell recalled Mary Love took care of the railroad depot nearby, where she sent and received messages via telegraph. Robert Little remembers when his father ran the garage in the mid-1930s. In 2007, the shop was featured in an Allstate Car Insurance commercial with NASCAR driver Kasey Kahne. The winning entry chosen at random from all the correct submissions came from Stacy Aldridge of Stanfield, a Union Power member.

CAROLINA COUNTRY
scenes
Photo of the month

Mountain Homestead
A scene from our homestead in Meat Camp, outside of Boone.
John Greene, Boone, Blue Ridge Energy

The Photo of the Month comes from those who scored an honorable mention from the judges in our 2017 photo contest ("Carolina Country Scenes," January 2017). See even more Photos of the Week on our website carolinacountry.com.

November events

Downtown Street Lighting
Nov. 24, Hendersonville

Mountains

An Evening with Dailey & Vincent
Bluegrass band
Nov. 4, Franklin
866-273-4615
greatmountainmusic.com

Kickin' Asphalt 5K & 10K Run
Nov. 4, Murphy
828-837-2242
kickinasphaltmurphy.com

Jamie Grace
Musician, speaker & actress
Nov. 11, Franklin
866-273-4615
greatmountainmusic.com

Dirty Dancing
Classic story on stage
Nov. 14, Morganton
828-433-7469
commaonline.org

Artisan & Crafter's Expo
Nov. 18, Statesville
650-443-6464
facebook.com/statesvilleartisanandcraftersexpo

Holiday Craft Show
Nov. 18, Murphy
828-557-8335

Hometown Christmas
Carolers, hot chocolate
Nov. 24, West Jefferson
336-846-9550
ashechamber.com

Christmas in the Park
Lighting of town, parade
Nov. 24–25, Blowing Rock
828-295-5222
blowingrock.com/christmas-park

Downtown Street Lighting
Carols, Santa visits
Nov. 24, Hendersonville
800-828-4244
visithendersonvillenc.org

The Mountain Faith Band
Sounds of Christmas
Nov. 25, Franklin
866-273-4615
greatmountainmusic.com

A Christmas Carol
Charles Dickens' tale
Nov. 28, Morganton
828-433-7469
commaonline.org

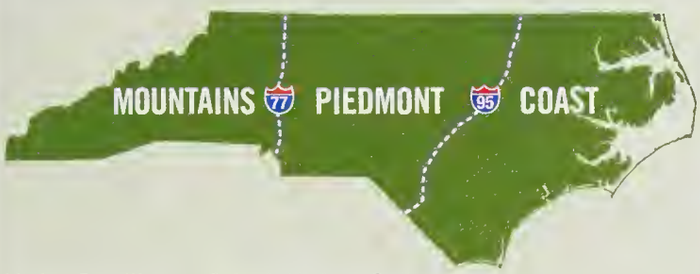
ONGOING

Craft in Toyland
Antique, modern toys
Nov. 18–Dec. 31, Asheville
828-253-7651
grovewood.com

Tweetsie Christmas
Visit with Santa
Nov. 24–Dec. 30, Blowing Rock
877-998-3874
tweetsie.com

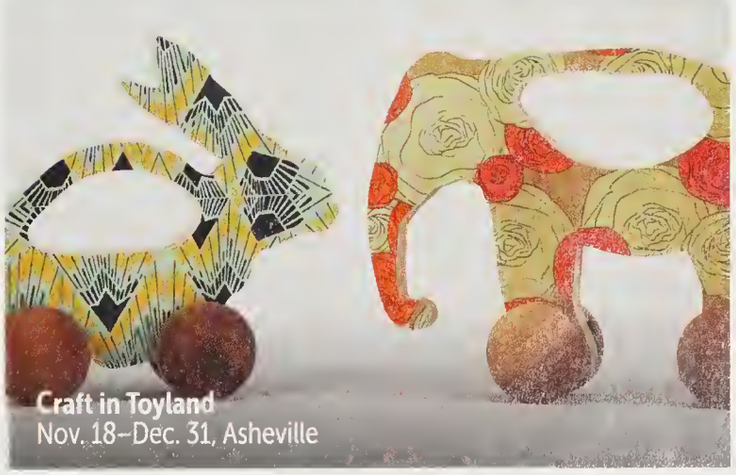
A Christmas Carol
Nov. 28, Morganton

carolinacountry.com/calendar
See more events online with photos, descriptions, maps and directions.



Listing Deadlines:
For Jan.: Nov. 25
For Feb.: Dec. 25

Submit Listings Online:
carolinacountry.com/calendar
(No email or U.S. Mail.)



Craft in Toyland
Nov. 18–Dec. 31, Asheville

Open Studio Tour
Through Nov. 12, Hillsborough

Piedmont

Charity Preview Auto Show
Meet Panther's Thomas Davis
Nov. 1, Charlotte
704-364-1078
charlotteautoshow.com

International Auto Show
Nov. 2–5, Charlotte
704-364-1078
charlotteautoshow.com

Holly Day Fair
Crafts, specialty food
Nov. 2–5, Fayetteville
910-323-5509
hollydayfair.com

Dustin Lynch
Contemporary country
Nov. 3, Fayetteville
910-438-4100
crowncomplexnc.com

Tarheel Storytelling Festival
Nov. 3–4, Mt. Airy
919-342-5991
tarheeltellers.blogspot.com

Cozy Cottage Craft Show
Nov. 3–4, Kernersville
336-993-2260
2csanyi2@gmail.com

Secure Your ID Day
Ways to keep information safe
Nov. 4, Raleigh
919-561-4644
mbyrne@boltpr.com

Colfax Persimmon Festival
Live music, demos
Nov. 4, Colfax
336-682-5328
colfaxpersimmonfest.com

A Soldier's Heart
Vietnam Veterans' oral history
Nov. 4, Fayetteville
910-486-1330
ncdcr.gov/ncmcf

Holiday Extravaganza
Raffle, silent auction
Nov. 4, Roxboro
336-597-0020
roxborocs.org

Russell Moore & IIIrd Tyme Out
A cappella bluegrass renditions
Nov. 4, Roxboro
336-597-1709
bit.ly/personcounty-performing-arts

Veterans Day Parade
Nov. 4, Fayetteville
910-920-0045
fayveteransdayparade.com

Pottery Tour
Nov. 4–5, Durham
919-544-2451
durhamcountypotterytour.com

Vietnam Veterans Memorial Ceremony
Flag display
Nov. 5, Hope Mills
910-424-4555
townofhopemills.com

Meet & Greet Our Vietnam Veterans
Exhibits, refreshments
Nov. 7, Fayetteville
910-486-1330
ncdcr.gov/ncmcf

Yellow Ribbon Tribute & Dinner
Honoring Vietnam vets' families
Nov. 9, Spring Lake
910-436-0011
spring-lake.org

Momma's Boy
Musical about transformation
Nov. 9, Fayetteville
910-438-4100
crowncomplexnc.com

Davie Craft Corner
Artisans' wares, food
Nov. 9–11, Mocksville
336-956-6067
facebook.com/daviecraftassociation

Vietnam Vet Meet & Greet
Special guest speaker
Nov. 10, Eastover
910-438-6725
eastovercivicclub.org

Vintage Fan Fair
Retro wares, campers
Nov. 10–11, Raleigh
984-500-7733
vintagefanfair.com

Heroes Homecoming Motorcycle Rally
Nov. 11, Fayetteville
910-567-2221
freedombikerchurchfayetteville.com

Hello Vietnam
Tribute to America's heroes
Nov. 11, Fayetteville
910-643-2778
asomf.org

Pumpkin Prowl
Decorating animals' habitats
Nov. 11, Burlington
888-650-1139
bit.ly/conservatorscenter-pumpkinprowl

Book Signing
Author Mark Bowden
Nov. 12, Fayetteville
910-643-2778
asomf.org

Comedian Lucas Bohn
Nov. 18, Roxboro
336-597-1709
bit.ly/personcounty-performing-arts

When Pigs Fly
All-American BBQ festival
Nov. 18, Fayetteville
910-221-8800
facebook.com/whenpigsflybbqfestival

A Dickens Holiday
Carriages, gingerbread
Nov. 24, Fayetteville
910-323-1776
theartscouncil.com/dickensmain

ONGOING

Open Studio Tour
Orange County Artists Guild
Through Nov. 12, Hillsborough
919-732-5001
HillsboroughGallery.com

Vietnam War-Era Memorabilia exhibition
Nov. 4–11, Fayetteville
910-486-1330
ncdcr.gov/ncmcf

The Moving Wall
D.C. vets memorial replica
Nov. 9–13, Fayetteville
910-643-2778
asomf.org

It's A Wonderful Life
Nov. 24–26, Dec. 1–3, 15–17, Fayetteville
910-678-7186
gilberttheater.com

Country Christmas Train
Santa, nativity movie
Nov. 24–26, Dec. 7–27, Denton
336-859-2755
dentonfarmpark.com

The Best Christmas Pageant Ever
Nov. 30-Dec. 17, Fayetteville
910-323-4233
cfrt.org

International Auto Show
Nov. 2–5, Charlotte

Coast

Down East Holiday Show
Vendors, food
Nov. 2–5, Greenville
252-493-7287
downeastholidayshow.com

Tough As a Farmer Competition
Ninja warrior-style challenge
Nov. 3–5, Clinton
910-564-6709
hubbsfarmnc.com

Family Fun Day
Old-time music, games
Nov. 4, Greenville
252-756-5432
eastcarolinavillage.org

BWF Fall Bazaar
Raffle, bake sale
Nov. 4, Bridgeton
252-638-4638
eghaggett@embarq.com

Fall Festival
Music, yard sale
Nov. 4, Belhaven
252-964-3018
bynby@gotricounty.com

Fall Membership Meeting
Awards celebration, potluck meal
Nov. 7, Ocracoke
252-928-7375
ocracokepreservation.org

Ronald K. Brown/Evidence
Dance company performs
Nov. 7, Greenville
800-328-2787
ecu.edu

Two on Tap
Duo sings, dances
Nov. 9, Washington
252-975-6294
gobcca.org

Freeboot Friday
Exhibits, inflatables
Nov. 10, Greenville
252-561-8400
uptowngreenville.com

Marcus Parker
African American Music Series
Nov. 10, Greenville
252-551-6947
pittcountyarts.org

Barefoot Wade
One man Caribbean band
Nov. 10–11, Ocracoke
252-928-3456
gafferssportspubocracoke.com

Harvest Bazaar
Raffle, silent auction
Nov. 11, Beaufort
252-728-3324
church@stpaulsbeaufort.com

Know Before You Go

In case something changes after Carolina Country goes to press, check information from the contact listed.

Last Dance Saturday
Final fall festival day
Nov. 11, Clinton
910-564-6709
hubbsfarmnc.com

8K Trail Run & Fun Walk
Supporting USO of NC
Nov. 11, Elizabethtown
910-862-2066
elizabethtownncrotary.org

Elizabeth Adkins & Ed Newman
Violin/piano duo
Nov. 16, Oriental
252-617-2125
pamlicomusic.org

Barefoot Wade
One man Caribbean band
Nov. 17, Emerald Isle
252-354-2929
emeraldclubei.com

Holiday Market
Nov. 18, Shallotte
910-754-4302
townofshallotte.org

Pork & Beats Festival
Music, disc golf tournament
Nov. 18, Elizabethtown
910-862-2066
bhall@elizabethtownnc.org

Cirque Dreams Holidaze
Costumed performers
Nov. 20, Pembroke
910-521-6361
uncp.edu/gpac

Jagged Edge & More
R&B group
Nov. 25, Greenville
252-321-7671
greenvilleconventioncenter.com

Christmas Parade
Vendors, carolers
252-746-2266
Nov. 30, Ayden
aydenchamber.com

ONGOING

Festival of Trees
Nov. 27–Dec. 23, Greenville
252-917-4110
fsnenc.org

Burlington Alamance County NC

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30TH ANNUAL CHRISTMAS AT CAPTAIN WHITE'S - *Celebrate with the Gift of Art! This extraordinary shopping event runs Nov 19-Dec 23!*

BURLINGTON'S ANNUAL CHRISTMAS PARADE & MEBANE'S HOMETOWN HOLIDAY CELEBRATION
Saturday, November 18

MEBANE'S ANNUAL CHRISTMAS PARADE *Friday, December 1*

HOLIDAY MAGIC: A DICKENS CHRISTMAS IN BURLINGTON
Friday, December 8

www.VisitAlamance.com
1-800-637-3804

NOVEMBER'S FEATURED TRACK

"How Happy"

By Jon Swain & Joe Newberry

This whimsical tune gently encourages happiness. Written by Jon Swain of Durham and sung by Joe Newberry, it's one of 14 tracks on their album, "Crow the Dawn." The two mix blues, gospel, bluegrass and folk influences in their first album together, released by Flyin' Records in Durham. Jon (above left) is an acclaimed Piedmont blues guitarist and singer-songwriter who led two bands before going solo. Newberry is a singer-songwriter also known for his award-winning banjo strummin'. Learn about their tour dates at **jonshain.com** and **joenewberry.me**. The song and full album are available at **cdbaby.com**.

carolinacountry.com/music
Listen to this and past featured tracks from North Carolina musicians.

Hinnant Family Vineyards

Deep River Brewing

Broadslab Distill

The Spirit of Johnston County

Spend a weekend on the Beer, Wine & Shine Trail

By Renee Gannon

Located just east of Raleigh, many of us cross through Johnston County traveling to the mountains and the coast along I-40 and Highway 70, or to Virginia and South Carolina along I-95. Beyond the guardrails, you will find vibrant communities for which the county offers a unique way to visit via its Beer, Wine & Shine Trail. The list of wineries, breweries and distilleries along the route offer visitors an entryway into the county's communities while introducing them to locally crafted spirits.

Deep River Brewing

Clayton | deepriverbrewing.com

Located in downtown Clayton, this "first legal brewery" in Johnston County is housed in a former cotton spinning mill. The brewery kept the 100-year-old mill's wood and brick atmosphere, and uses the open space to create a family friendly hangout for locals as well as those adventurous enough to cycle up to 20 miles from Raleigh along the Neuse River Greenway, which runs through downtown. Its most popular beer is named for the mill's heritage, Cottontown Lager; and another favorite, JoCo White Tater, uses local white sweet potatoes in its brew.

Double Barley Brewing

Smithfield/Wilson Mill

doublebarleybrewing.com

Situated along Highway 70 in an unassuming white brick building dating to the 1960s, Double Barley offers a different atmosphere than Deep River, a little more upscale and modern retro deco, though its roots show in old moonshine equipment on display—mementos found in a local barn. The brewery has a limited menu along with 10 beers on tap plus seasonal offerings, most of which are high-velocity craft beers. The brewery focuses on creating 100 percent natural beers and incorporates ingredients such as coconut, wildflowers, vanilla, pumpkin and various fruits into its brews.

Gregory Vineyards

Angier | gregoryvineyards.com

Located on 135 acres of farmland, Gregory is a one-stop shop, offering vineyards, a winery, a restaurant and pick-your-own grapes in season. Tastings and tours of the farm offer a glimpse of what goes into making muscadine wine in North Carolina.

Hinnant Family Vineyards

Pine Level | hinnantvineyards.com

The smell of sweet grapes wafts into your car just beyond downtown Pine Level as you approach this 150-acre vineyard. The vineyard has been in operation since 1971, with the winery starting in 2002. The vineyard grows 16 grape varieties, and the winery produces 35 different wines, from grapes grown only at Hinnant. Also offers pick-your-own grapes in season. Tastings are held in the gift shop, which is surrounded by grapevines, with tobacco fields just beyond.

Broadslab Distillery

Benson | broadslabdistillery.com

Located a few miles off I-95, Broadslab offers tastings, a tour and a history lesson in the state's bootlegging past. Owner Jeremy Norris grew up listening to his grandfather's stories of his moonshining, in which his family had participated for generations. The farm has been in the family since the 1840s, and Norris grows the non-GMO corn and barley used in the shine—a true farm distillery, seed to whiskey. He and his grandfather built and opened the legal distillery in 2007. The whiskey produced from his grandfather's simple, four-ingredient family recipe hit the market in 2012. The distillery produces five craft brands: Legacy Shine, which is strictly the family recipe; Reserve Whiskey, an aged version of the original; and Apple Shine; as well as two rums.

Other JoCo hits

Barbeque abounds in the county, with more than 20 spots offering plates and sandwiches, such as at Redneck Barbeque Lab in Benson (TheRedneckBBQLab.com). JoCo also offers a Beer, Wine, Shine and Dine Tour (claytonfoodtours.com). Visitors could spend a few hours, a day or even a weekend hopping along the trail, tasting, eating and learning a bit more about the roots of Johnston County.

Know before you go

For more information on the trail, places to eat, things to do and where to stay, go to johnstoncountync.org, where you can also download the Beer, Wine & Shine trail guide that includes discounts on tours, food and merchandise.

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Outdoor Access connects outdoor enthusiasts with landowners interested in leasing their property without giving up control or taking on liability. *Whether you have 5 acres or 5,000 – we can help you generate the best return on investment for your land.* You retain complete control over your lands availability, as much or as little as you'd like – we take care of the reservations and make sure you are happy, fairly compensated, and financially protected every step of the way! **Here's how it works:**

1 Listing

With Outdoor Access, you are under *no long-term obligation* and you set all parameters about when and how your property can be used.

2 Scheduling

The entire reservation and payment process is handled by us, for **FREE**. And all of our members have been thoroughly vetted with a *criminal background check.*

3 Fulfillment

On the day of the rental, you'll receive check-in and check-out notifications. And you are completely covered with our *full liability insurance policy.*

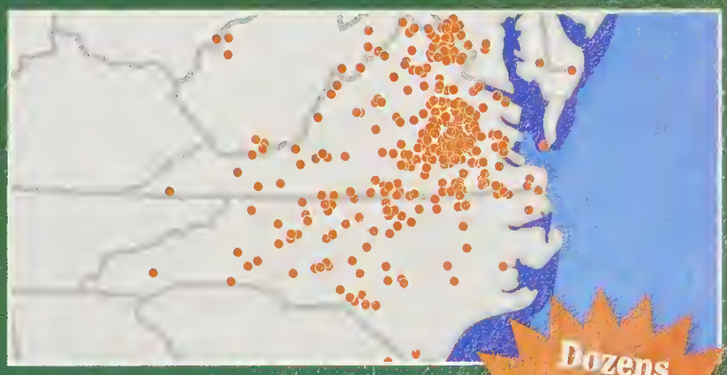
THAT'S IT!

You could easily *offset your property tax bill*, or, with some extra effort, you could turn your land into a serious source of supplemental income.

We make the process pleasant, painless, and most of all – profitable for you!

"People will stop me and say 'Hey, can I hunt on your land?' but I have been saying no because I don't know who these people are. Since I've signed up for Outdoor Access, I've had a great experience! Every single person has been polite and respectful – I would highly recommend it ... and you get a nice check in the mail!"

LINDSAY R.



Dozens of NC landowners have already signed up!

Call us at (919) 230-7970 or go to OutdoorAccess.com/carolinacountry

Closing the Crawl Space

By Hannah McKenzie

Q: Will closing my crawl space vents keep the floors of my home warmer in the winter?

A: I genuinely wish merely closing crawl space vents would make magic happen—warmer floors, no frozen pipes, no bugs—but magic won't happen. Crawl space vents must be open to limit moisture buildup, mold growth and the possible accumulation of harmful gases such as radon. If moisture and gases can be managed, a possible solution to have warmer floors may be transforming the crawl space to be truly closed 24/7, which means more than just closing the vents.

Closed crawl spaces are sometimes called sealed or conditioned crawl spaces, though neither term is technically accurate. They are air sealed as much as possible but are not truly conditioned like the interior of your home. Closed crawl spaces are enclosed spaces that are isolated from the outdoors and indoors. Homes with closed crawl spaces are known for increased comfort, including fewer drafts, warmer floors, reduced dust, less humidity fluctuation and fewer pests. Energy savings may also be realized if the HVAC system is located in the crawl space.

There are a few must-dos to properly close a crawl space:

- Be safe. Enclosing any space means being careful about what may be trapped inside. A gas water heater or furnace in the crawl space needs to be a direct-vent or power-vent. Radon gases may be another potential problem. Test for radon and install a mitigation system if necessary.
- Leave a termite inspection gap that is 3 inches tall along the top of the masonry foundation wall. Be sure to check with your pest management professional and contract to avoid any problems with closing the crawl space.
- Isolate the crawl space from the interior of your home and the outdoors by air sealing. Thick plastic covers the floor and curves up the sides of the foundation walls and piers. The edges and seams should be sealed with tape, bucket mastic or caulk. All cracks and holes leading inside the house should be sealed with caulk or foam, as should joints along the perimeter of the foundation where the wood meets masonry to keep outside air out. And don't forget to air seal and weatherstrip the access door like you would any exterior door to your home.
- Insulate either the foundation walls or between the floor joists.
- Remove moisture from the crawl space to keep mold and pests at bay. Control humidity with a dehumidifier or a simple and cheap air supply from the HVAC system. Installing a dehumidifier without air sealing the crawl space is like running a dehumidifier at a backyard cookout—it's not going to help. The building code also allows for an exhaust fan to draw humid air out of a closed crawl space, but this technique is much less effective.
- Accommodate large water events such as excess rain or a plumbing leak with foundation drains, a sump pump and/or flood vents to keep the closed crawl space from turning into a swimming pool and a royal pain in the neck.

When hiring a contractor, get at least three estimates, check references and have a detailed scope of work to make sure the quotes include the items outlined above.

For vented and closed crawl space construction details and research, visit crawlspaces.org.

Hannah McKenzie is a residential building science consultant for Advanced Energy in Raleigh.

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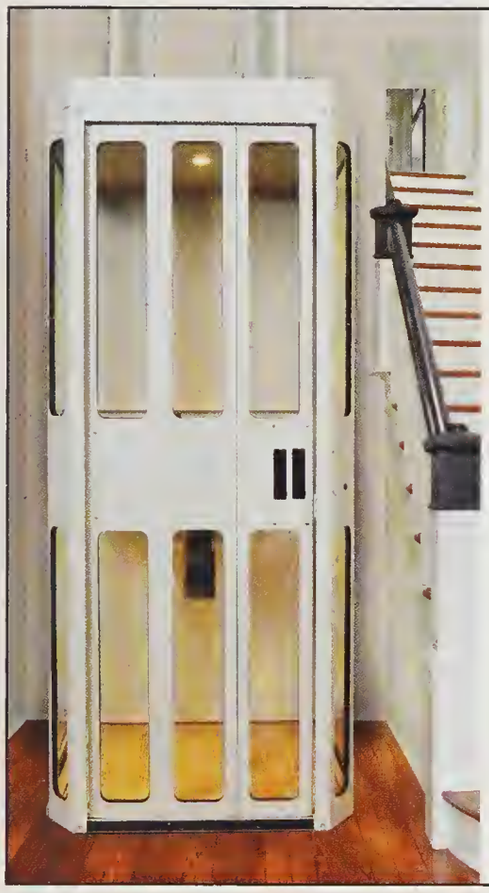

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Go Wild with Camassias

By L.A. Jackson

November is a prime time to plant spring-blooming bulbs. While the usual offerings of tulips, daffodils and crocuses are certainly worth considering, gardeners should also think about going wild with camassias.

In camassia's case, "wild" refers to this bulbous beauty also being called "wild hyacinth," because it is native to North American woodlands. In its many variations, camassia shows off pleasing clusters of white, violet or blue star-like flowers on slim, 2 to 3-foot stems in the spring.

As far as introducing it into a cultivated garden, any site that receives plenty of sun in the morning and some filtered shade in the afternoon is ideal. Bulbs should be planted pointed end up about 5 to 6 inches into the ground and 4 to 5 inches apart. Well-worked, evenly moist garden soil is preferred, but gardeners in the Piedmont will be pleased to know that camassia also does just fine in heavy clay.

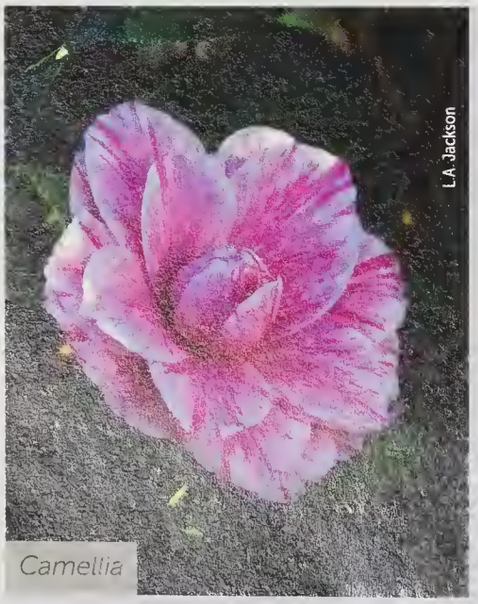
When it comes to camassia choices, there are many. For example, "Caerulea" will grace spring gardens with pleasant sweeps of elegant, violet-tinted azure, while "Blue Danube" has similar bluish blossoms infused with a pretty purple. For lovers of lighter colors, there are the pale, near-white blooms of "Alba." However, to add devilish dazzle to the landscape, strike an off-note with "Blue Melody" that pairs serene, bluish-purple blossoms with sassy, unapologetic, variegated foliage. The white-flowering "Sacajawea" also flaunts snappy striped leaves.

Camassias (deer-resistant, by the way) can naturalize in Carolina gardens, coming back year after year. Once established, a healthy planting will reproduce both by bulblets forming off original bulbs and seeds from the flowers.

A good setting for camassia would be among summertime perennials such as liatris, crocosmia, evening primrose, salvia, purple coneflower and black-eyed Susan that take over the eye-candy party after this bulb's foliage and bloom spikes die down. Camassia bulbs were well known to Native Americans, who roasted and boiled them to eat. But while they are edible, their value to modern gardeners is more in the way they look rather than how they taste, which, in the glory of a new spring, is nothing short of gorgeous.

Deer-resistant Camassias can naturalize in Carolina gardens, coming back year after year.

L.A. Jackson is the former editor of Carolina Gardener magazine. Contact L.A. at lajackson1@gmail.com.



Camellia

Garden To-Dos for November

After your fall-flowering camellias—typically *Camellia sasanqua* or *Camellia sinensis* selections—have finished blooming, you can break out the pruners to shape or shorten these evergreen bushes. But keep in mind that this chore doesn't apply to all camellias. Although tiny, bloom buds have now formed on the popular *Camellia japonica* cultivars, but they don't blossom until late winter into the new spring. This means taking clippers to these pretties at this time will snuff out what could be a gorgeous flower show early next year.

- ☐ Hardy aquatic plants can be clipped back now in the water garden, and their pots should be moved to deeper water.
- ☐ If dastardly squirrels have been digging in your bulb beds, stop 'em cold by laying down a covering of half-inch-diameter chicken wire over the ground after plantings have been completed. Sure, it won't look pretty, but the wire can be covered with mulch and left through the spring blooming season.
- ☐ Hollyhocks looking ragged due to the diseases botrytis blight or rust? Break their development cycle by cutting down and trashing (do not compost) old stems as well as raking up any surrounding leaf debris, where these nasties like to overwinter before resurfacing in the spring.

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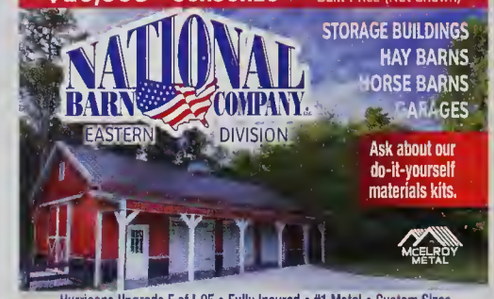

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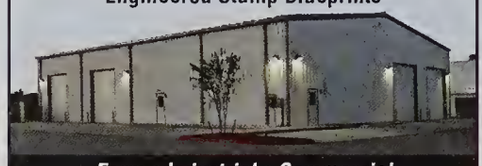

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Smokey Spiced Grilled Turkey Legs

Tired of ho-hum turkey? We do love to grill across North Carolina year-round, so have some fun and throw turkey legs on yours this Thanksgiving. Great for tailgating, too!

5 or 6 medium turkey legs

Marinade

- 1½ cup vegetable oil
- 2 teaspoons smoked paprika
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 4 teaspoons dried oregano
- 4 teaspoons salt

Baste

- ¼ cup honey
- ¼ cup butter

Combine all marinade ingredients. Place turkey legs into large container with lid. Pour marinade over legs, cover and shake to coat. Refrigerate (up to 2 days), shaking periodically to coat.

To grill: Preheat grill to high heat. Oil grates and place legs onto grill. Sear on all sides several minutes, turning to get good grill marks. Reduce heat to low or move coals to sides (for indirect heat) and continue cooking, covered, for about 50–60 minutes. Turn every few minutes to prevent burning.

Melt butter in honey. Baste legs, turning often, the last few minutes of cooking. Remove legs when temperature reaches 165 degrees by thermometer.

Place legs onto serving tray and pour remaining baste over legs.

Cranberry BBQ 'Sau-Sal'

Throw your guests a twist at Thanksgiving or any time you serve roasted poultry or pork with this snazzy Sau-Sal...a little sauce with a hint of salsa. Make this one ahead in about 15 minutes.

- 1 12–16 ounce bag fresh cranberries
- ¼ cup thick BBQ sauce
- ¾ cup sugar
- ½ cup light brown sugar
- ¾ cup thick salsa
- Chopped fresh cilantro
- 1 jalapeño, seeded and diced

In a heavy-bottomed saucepan, stir together all ingredients except cilantro and jalapeno. Bring to a boil and cook, stirring with a wooden spoon, for 2 minutes. Reduce heat to a simmer and cook for about 10 minutes until berries have popped and sauce has thickened. Stir as needed to prevent sticking.

Pour into serving bowl and chill. At serving time, garnish with cilantro and jalapeño.

Serve alongside roasted turkey, chicken or pork. This is also great on "day-after" Thanksgiving leftover sandwiches and wraps.

Yield: 8+ servings

Unless otherwise noted, recipes on this page are from Wendy Perry, a culinary adventurist specializing in NC-made food products and small NC farms.

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From Your Kitchen

Apple Pie with Cream Cheese Topping

- 1 graham cracker crust
- 5 apples, sliced thin
- 5 tablespoons butter
- ½ cup brown sugar
- ¼ teaspoon salt
- 2 tablespoons cinnamon

Cream Cheese Topping

- 1 teaspoon vanilla
- 1 egg
- 1 tablespoon lemon juice
- ¼ cup sugar

Preheat over to 350 degrees.

Mix butter, brown sugar, salt and cinnamon in large skillet over medium heat. Add apples and cook until apples are tender. Cool apples, then pour into pie shell.

Topping

Combine cream cheese and sugar for about 1 to 2 minutes with mixer until smooth. Add vanilla, egg, and lemon juice; beat for 1 minute or until blended. Pour mixture over apples. Bake 30 minutes. Let cool and refrigerate for 4 hours.

Recipe courtesy of Lucy Buchanan, Indian Trail, a member of Union Power

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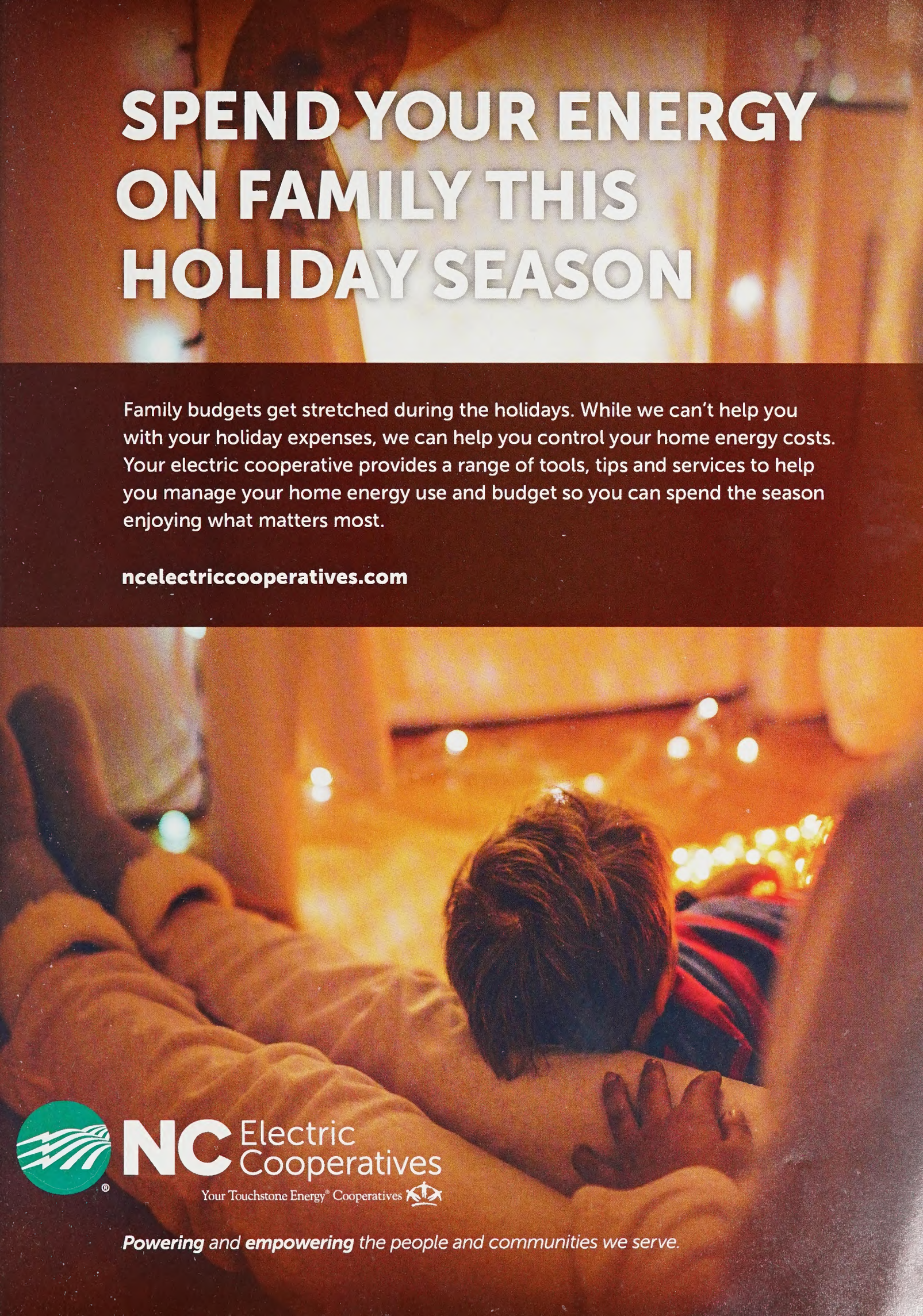
—Jenny Lloyd, recipes editor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